

Building Personal Resilience
or
managing wellbeing & safety
without compromising performance

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mireo



velaro nova

The Velaro Novo is the train for everyone that wants a competitive edge in global high-speed and intercity transportation. The approach? A rethink: Focus on possibilities, not problems to solve current and future challenges facing the mobility sector. The result is a train that offers a new perspective on the world of high-speed and intercity transportation. A train that combines proven technology with future-oriented innovations, and increases value sustainably over the entire lifecycle thanks to its unique economic efficiency.

resources



NASA

behavioural biologists

elite military

sports science

elite sportsmen and women



Harvard University USA



“more than education, more than experience, more than training, a person’s **resilience** will determine who succeeds and who fails. That’s true when fighting illness, it’s true in the Olympics and it’s true in the boardroom”

Harvard Business Review

“Resilience is the capacity to adapt successfully in the presence of risk and adversity” (Jensen and Fraser, 2005).



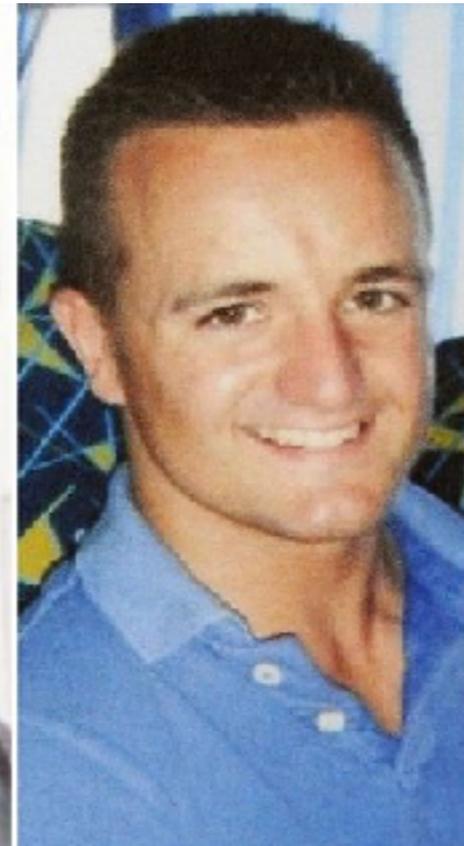
stress + recovery = resilience

7 FUTURE

it doesn't get easier...you just get **stronger**

BUT

**CRITICAL NOT TO CONFUSE MENTAL STRENGTH WITH
RESILIENCE**



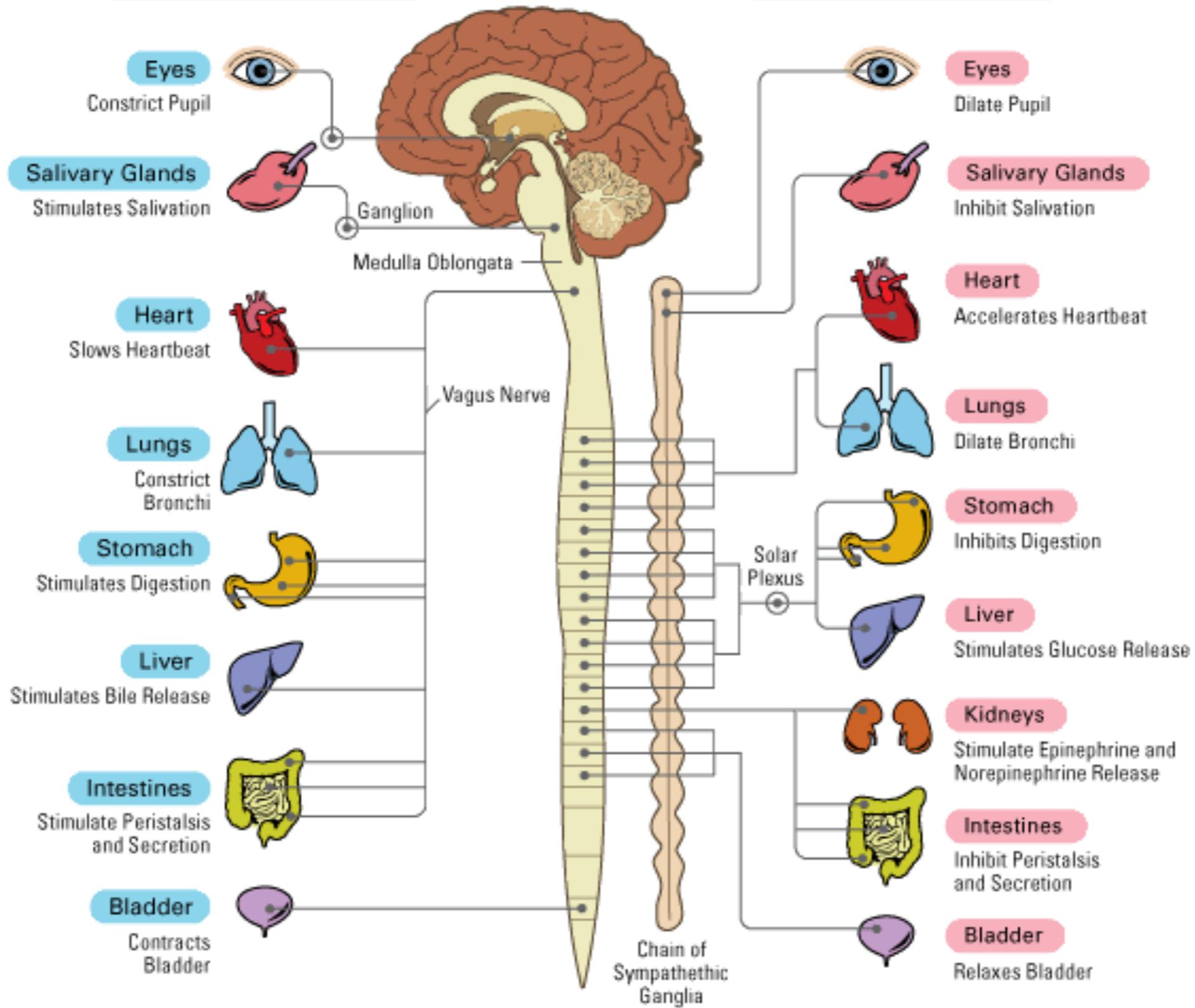
RESILIENCE IS NOT WELL UNDERSTOOD

WHY POLAR BEARS DON'T HAVE TO DO **YOGA**

**"Discharging"
survival activation**

Parasympathetic

Sympathetic



Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

internal world

external world

Peak Performance

Nutrition



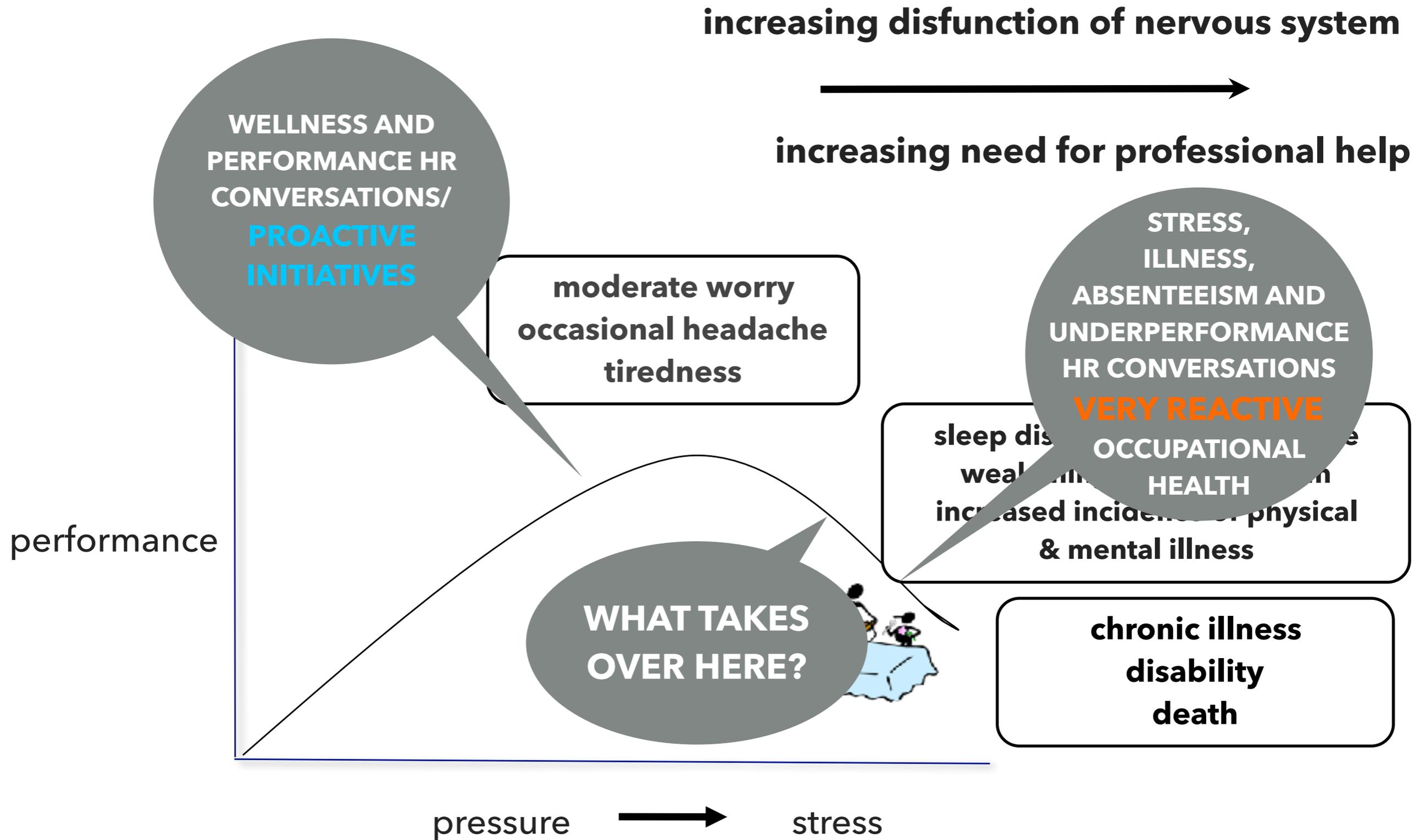
SLEEP



Hydration



failing to enjoy **sufficient** rest and recovery



brake



accelerate

**more efficient
& rapid
braking**



**greater range of
performance**

**do not neglect your rest and recovery
and very rarely compromise on
your sleep**

stress is less of the problem

not enjoying enough **rest
more of the problem**



**caffeine
excessive alcohol
lack of sleep
video gaming
using technology late at night
not unplugging from work
over exercising
junk food
being at work when at home**



**giving yourself permission
to rest
socialising with friends
walking in nature, gardening
hot bath
watching comedies
pets
moderate regular exercise
yoga, tai chi, meditation
nourishing food
music, dancing, reading**



sympathetic + parasympathetic = performance, resilience + wellbeing