



Mental Fitness for Improved Resilience

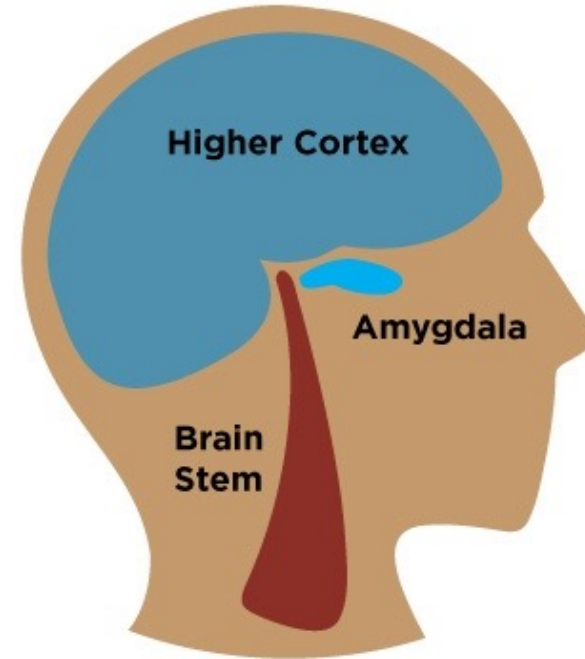
Has anything similar happened to you?

- ▶ You spent 3 days working on a creative pitch, submitted it to your boss for comments and they don't get back to you for two days... now it's urgent
- ▶ You get an email from your Finance Exec telling you that you need to cut your budgets by 15%... and HR has once again changed your Return to Office policy...
- ▶ You are preparing to give or receive your annual review but all you can think about are the mistakes...
- ▶ YOU GET AN EMAIL FROM YOUR BOSS IN ALL CAPS...
- ▶ You've had a long day/week/month/... and your child really wants your attention, and the internet is not working, and you don't what to make for dinner, and the milk is expired, and your partner didn't feed the cat, ...

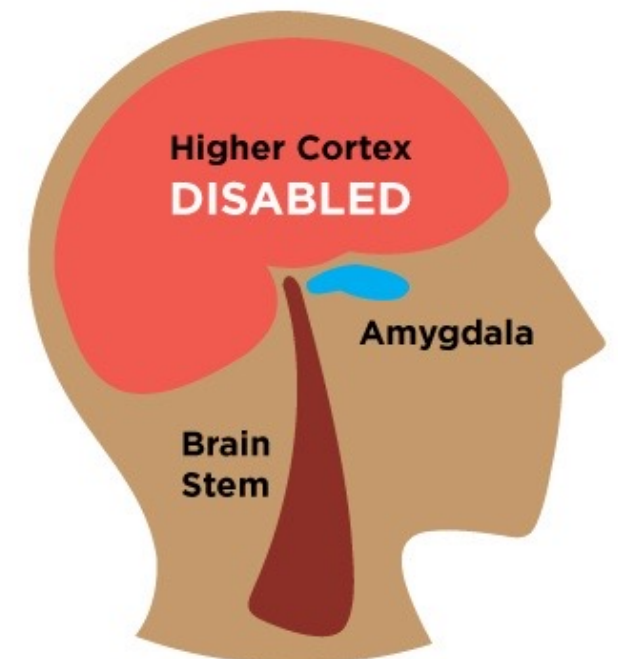
What does it feel like – What happens?

Amygdala Hi-jack

- ▶ Negative thoughts and emotions/stress trigger a hormonal response
- ▶ Pre-Frontal Cortex and executive functions slow or are disabled
- ▶ Vision narrows, muscles tense, blood flows to extremities
- ▶ Fight, Flight, Freeze
- ▶ Meant to be a temporary/acute response
- ▶ Over time becomes chronic, shrinks PFC and increases Amygdala



LOW Emotion
(Calm, Relaxed)



HIGH Emotion

- No space or capacity for
- Higher order thinking
 - Creativity
 - Feeling
 - Exploration

What happens when you try to communicate or get something done with someone during an Amygdala hi-jack*?

*Yours or Theirs

Mental Fitness & Resilience

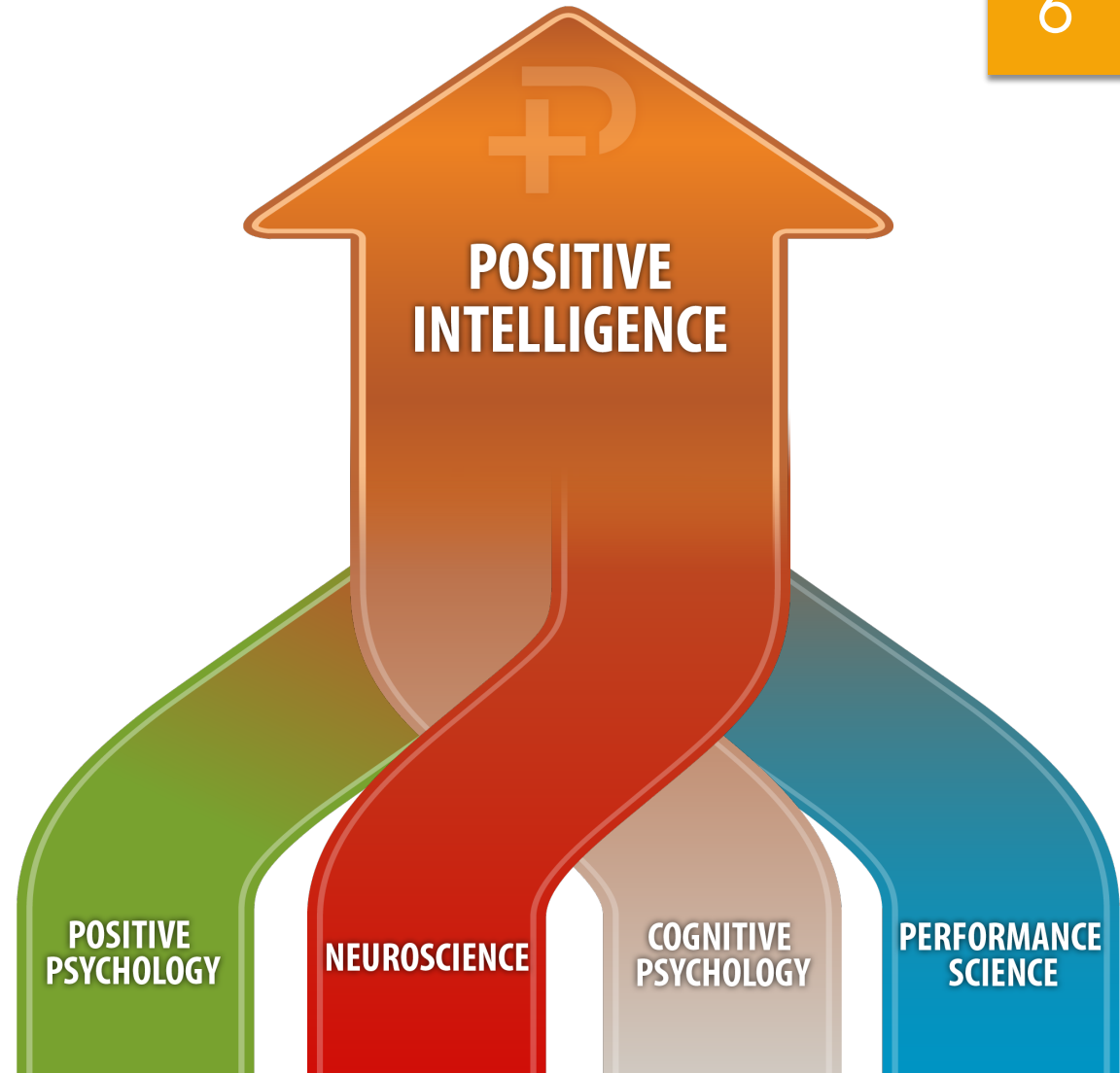
Definition:

- Our capacity to respond to life's challenges with positive rather than negative mindset

Impact:

- Peak performance
- Peace of mind/wellness
- Healthy relationships

Mental Fitness & Resilience Through Positive Intelligence





How long
do you
hold on to
negative
thoughts?

Negative Thoughts & Emotions ...



Only helpful for 1 second as alert signal.



Staying in negative emotion hurts ability to see clearly and respond with empathy, curiosity, creativity, or laser-focused action.



Negative Emotion = Saboteur

Saboteurs: Automatic, internal and habitual thought patterns that work against our best interests

The Judge



The Accomplices



Sage: The deeper, wiser you

Sage Perspective: There is a gift in every challenge



Sage powers:

Empathy for yourself
and others

Explore with curiosity
and an open mind

Innovate and create
new perspectives
and solutions

Navigate a path that
aligns with purpose
and values

Activate and take
decisive actions
without the saboteurs



PQ Reps: Shift from Saboteur to Sage

SMALL EXERCISES TO DEVELOP
PRESENCE AND SHIFT FROM
SABOTEUR THOUGHTS TO A
SAGE PERSPECTIVE

PQ Reps: Shift from Saboteur to Sage

2 minutes

- ▶ Take in a deep breath – hold – now exhale; relax your breathing
- ▶ Close your eyes, put your feet flat on the floor, feel where you are making contact with the floor; sense your toes - how many of your toes you can feel?
- ▶ Rub your thumb and one finger-tip together with such attention that you feel the ridges on each
- ▶ Now rub all the fingertips of one hand against the fingertips and palm of the other, notice all the sensations
- ▶ Now place your hand on your stomach and feel the gentle rise and fall with each breath.
- ▶ When you're ready I invite you to open your eyes and think about what that was like and how you feel..

Mental Fitness & Resiliency: Simplicity of the Operating System

- ▶ If you're feeling negative emotions STOP. You're in Saboteur mode.
- ▶ Do some PQ Reps to quiet Saboteurs and activate Sage.
- ▶ Assume the Sage Perspective that every problem can be converted into a gift & opportunity.
- ▶ Generate positive ways forward by using the Sage powers like empathy, curiosity, creativity, and calm, clear-headed action.