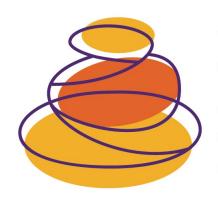
GUIDED RESILIENCE

A path toward post-traumatic growth



TAKE A MINDFUL PAUSE:

STOP and prioritize self-care

BREATHE to connect body and mind

THINK with a restorative mindset

CHOOSE to align with purpose

LEARN MORE AT GUIDEDRESILIENCE.COM



Guided Resilience, LLC





Founder, Guided Resilience

- MA-Phys. Ed and Holistic Health Studies
- Nationally Board Certified Health and Wellness Coach
- HeartMath® Certified Trainer
- Yoga Certified

Amazon Best-Selling Author

• Mindful Pause: A Self-Care Guide to Resilience and Well-Being

Wellness/ Resilience Consultant / Retreat Facilitator

• Sectors: Healthcare, Education, Business, Non-Profit

Guided Resilience, LLC

Agenda

Describe Post-Traumatic Growth (PTG)



Explore enablers of PTG

holistic well-being

self-care

resilience strategies



Posttraumatic Growth

Defined as:

- positive psychological change experienced as a result of a struggle with highly challenging life circumstances (Tedeschi and Calhoun, 2004)
- and through establishing perspectives for a "new normal" when the old normal is not longer an option

openness to new possibilities

greater sense of personal strength

stronger sense of spirituality

greater appreciation of life



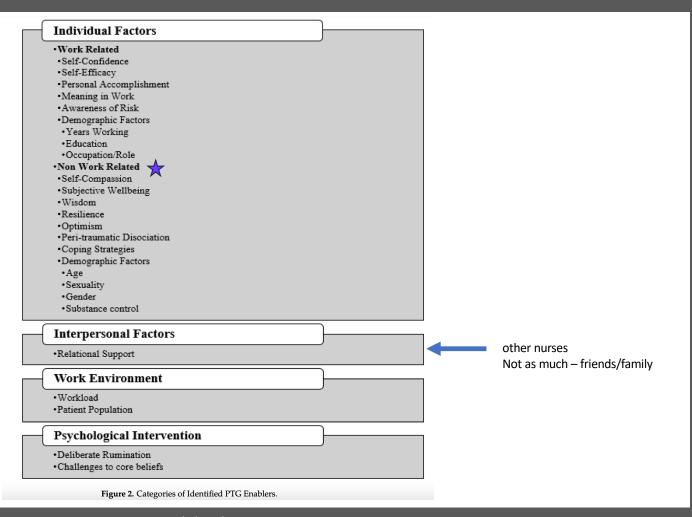
Post-traumatic Growth

Name it to claim it.

- Post-traumatic growth is also called by other names such as finding benefits, stress-related growth, thriving, adversarial growth, and positive psychological changes (Affleck & Tennen, 1996; O'Leary, Alday, & Ickovics, 1998; Park, Cohen, & Murch, 1996; Yalom & Lieberman, 1991).
- Some studies have shown that almost 90% of trauma victims have reported to experience at least one aspect of post-traumatic growth after the stressful encounter (Calhoun & Tedeschi, 1990).
- While the grief may still be there, post-traumatic growth allows us to look forward in life instead of being stuck in the past.



O'Donovan, R; Burke, J. Factors Associated with Post-Traumatic Growth in Healthcare Professionals: A Systematic Review of the Literature. Healthcare 2022, 10, 2524. https://doi.org/10.3390/healthcare10122524



Philosophy & Methodology



"Become a master of your moments...

-Coach Cami



Mindful Pause: a path toward resilience and well-being





TAKE A MINDFUL PAUSE:

STOP and prioritize self-care

BREATHE to connect body and mind

THINK with a restorative mindset

CHOOSE to align with purpose

LEARN MORE AT GUIDEDRESILIENCE.COM

A process for transforming lives through strengths-based wellness coaching, resilience training, and self-care strategies.







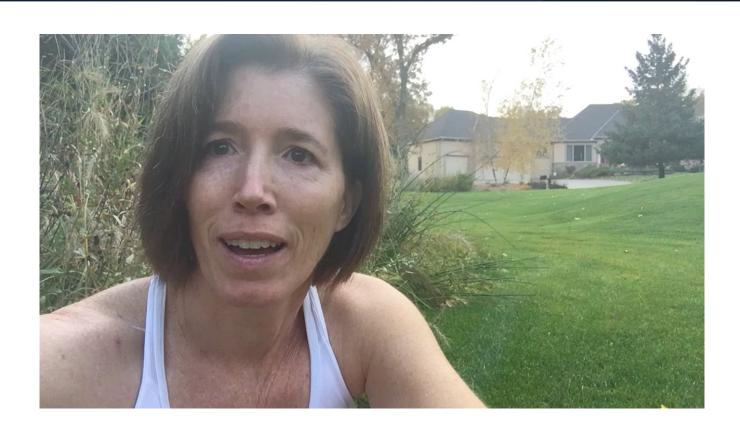
STOP

Many of us have been running all our lives. Practice stopping. – Thich Nhat Hanh

Inside each of us is a marvelous compass which greatly favors life, freedom, and vitality. – Bryant McGill



Mindful Pause brings you in touch with your inner compass.





Cairn #1: LESSONS FROM MOTHER NATURE

Literature supports the need for self-care support

Physician Burnout

- Make clinician satisfaction and wellbeing quality indicators
- 2. Incorporate mindfulness and teamwork into practice.
- 3. Make self-care a part of medical professionalism

Preventing and Managing Compassion Fatigue and Burnout in Nursing

- 1. Self-Care
- 2. Counseling/Coaching
- 3. Stress Relief Activities
 - 1. Walking, yoga, meditation
- 4. Relaxation Exercises
 - 1. Breathwork
 - 2. Meditation
 - 3. Journaling

<u>Journal of General Internal Medicine</u> January 2014, Volume 29, <u>Issue 1</u>, pp 18–2

Guided Resilience, LLC Jar

ESSAI: Vol. 11, article 11.

January 2014, Volume 29, Issue 1, pp 18-2



Only after taking care of itself FIRST through blood flow through the coronary arteries.

The Heart doesn't

wait for:

- day off
- weekend
- vacation

Self-Care is inherent to EVERY BEAT OF THE HEART!

- Wellness (wholeness) is inherent in everyone, no matter what level of health or disease is being experienced
- This notion is what keeps us grounded in a positive story.



Cairn #2 – Assess Holistic Well-being





Cairn #3: We Grow Together

Why Stop?





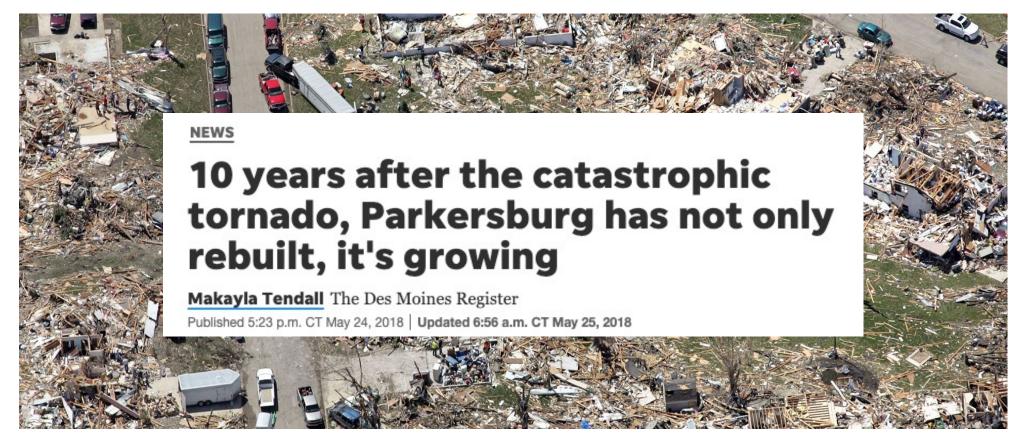


Signs of Overcare





Reconstruction Needed – SHIFT happens!





Cairn # 4: Know Thyself



Know Your Resilience

Brief Resilience Scale (BRS)

8	Please respond to each item by marking <u>one box per row</u>		Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times	1	2	3	4	□ 5
BRS 2	I have a hard time making it through stressful events.	5	4	3	2	1
BRS 3	It does not take me long to recover from a stressful event.	1	2	3	4	
BRS 4	It is hard for me to snap back when something bad happens.		4	3	2	1
BRS 5	I usually come through difficult times with little trouble.	1	2	3	4	5
BRS 6	I tend to take a long time to get over set-backs in my life.		4	3	2	1

Scoring: Add the responses varying from 1-5 for all six items giving a range from 6-30. Divide the total sum by the total number of questions answered.

My score: ite	m average / 6
---------------	---------------



Score

According to the authors of the BRS, scores can be interpreted as follows [Smith et al., 2013, p.177]:

BRS score	Interpretation 17?
1.00-2.99	Now resilience
1.00-2.99 3.00-4.30	Normal resilience
4.31-5.00	High resilience









HOW DO YOU KNOW WHEN TO STOP? WHEN YOUR BODY/MIND/SPIRIT TALKS TO YOU

GUIDED RESILIENCE, LLC

Know Your Stress Warning Signals

PHYSICAL SYMPTOMS

Headaches Back pain

Indigestion Tight neck, shoulders

StomachachesRacing HeartSweaty palmsRestlessnessSleep difficultiesTirednessDizzinessRinging in ears

BEHAVIORAL SYMPTOMS

Excess smoking
Bossiness
Compulsive gum chewing
Attitude critical of others

Grinding of teeth
Overuse of alcohol
Compulsive eating
Inability to get things done

SPIRITUAL SYMPTOMS

Emptiness Loss of meaning
Doubt Unforgiving
Cynicism Apathy

Martyrdom Loss of Direction

EMOTIONAL SYMPTOMS

Crying Overwhelming pressure
Nervousness, anxiety
Anger

Boredom – no meaning to things Loneliness
Edginess – ready to explode Unhappiness
Feeling powerless to change things Easily upset

COGNITIVE SYMPTOMS

Trouble thinking clearly
Thoughts of running away
Lack of creativity
Memory

Inability to make decisions
Forgetfulness
Constant worry
Loss of sense of humor

RELATIONAL SYMPTOMS

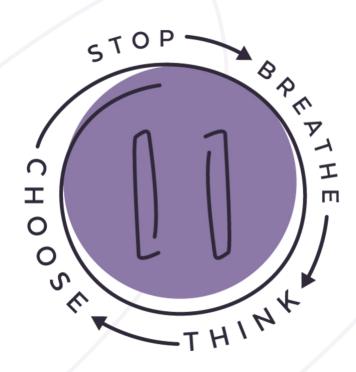
IsolationIntoleranceResentmentLonelinessLashing outHiding

Clamming up Lowered Sex Drive

Nagging Distrust







Breathe

Life is in the breath. The one who half breathes...half lives.

Resilience Activity: Pay attention to how you feel...





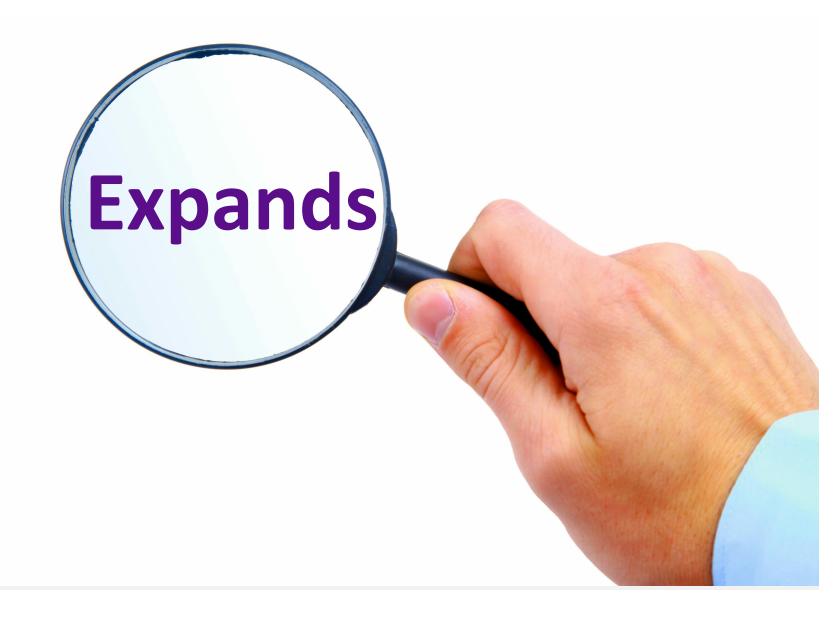




Think

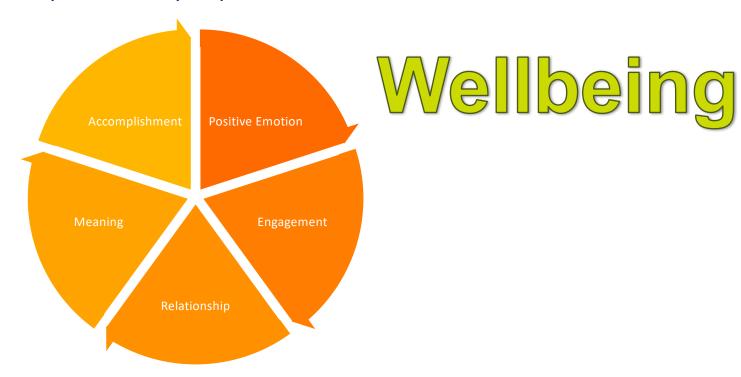
You cannot be anything you want to be...but you can be a lot more of who you already are. Tom Rath, *Strengths Finder 2.0*





Cairn #5: Mobilize Positive Emotions

Why is Positivity Important?







Cairn #6: Mobilize Your Strengths

https://www.viacharacter.org/survey/account/register





Why Work with Strengths?

- 1. Are happier
- 2. Are more confident
- 3. Have higher levels of selfesteem
- 4. Have higher levels of energy and vitality
- 5. Experience less stress

- 6. Are more resilient
- 7. Are more likely to achieve their goals
- 8. Perform better at work
- 9. Are more engaged at work
- 10. Are more effective at developing themselves and growing as individuals



"Research has shown that only 1 in 3 people can say what their strengths are."

The Strengths Book by Alex Linley, Janet Willars, Robert Biswas-Diener





Posttraumatic Growth

5 Factors



Relating to others

New Possibilities

Personal Spiritual Change of Life





Cairn # 7: Pause for Self-Reflection

Development of
deeper
relationships

Who has experience surviving such a trauma? Are there people whom I trust to share this experience and gain perspective in reframing the experience?

Openness to new possibilities

While I cannot change what has happened, what can I learn from this experience? How can this experience better prepare me for future stress and trauma? How can I transform tragedy into triumph?

Greater sense of strength

Because I survived this experience, am I stronger than I thought? Are there role models who have grown stronger under conditions of extreme adversity and suffering?

Stronger sense of spirituality

Is this experience bigger than myself? What brings meaning to my life? What are my true values? Are my choices aligned with my valutes?

Greater appreciation of life

Will this be a wake-up call for me and push me to reorder priorities in my life?







Cairn #8: Choose to integrate today's experience...

In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility. -Eleanor Roosevelt

The Mindful Pause Path of Intentional Living

Where can you take action in your life today?

- 1. HOLISTIC WELL-BEING
- 2. IN THIS TOGETHER
- 3. PERSONAL STRESS WARNING SIGNALS
- 3. PERCEIVED RESILIENCE
- 4. MOBILIZE POSITIVE EMOTION
- 5. WORK WITH STRENGTHS
- 6. USE MINDFUL PAUSE FOR SELF-REGULATION
- 7. SPACE FOR SELF-REFLECTION
- 8. INTEGRATE TODAY'S EXPERIENCE



Explore the Mindful Pause Path...

Text "Coach Cami" to 22828



Mindful Pause Retreat



Take the Mindful Pause Challenge



Wellness Coaching



Beginning Mindfulness Course



Wild Rice Retreat Bayfield, WI



Foundational Process & Practice: Mindful Pause





Learn it. Live it. Share it.

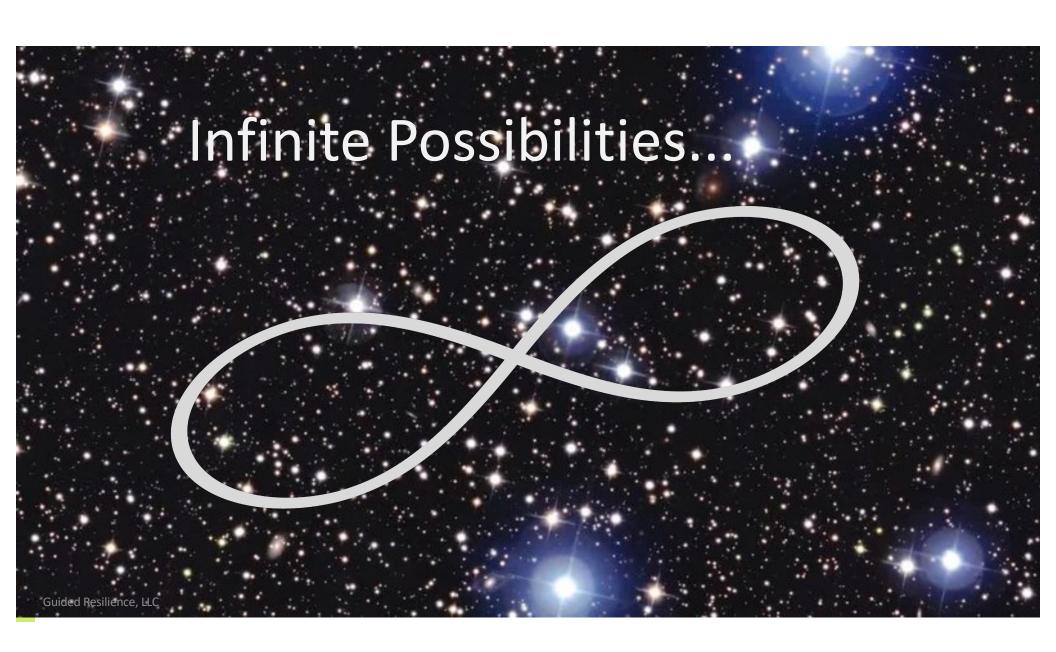
You are worth your best effort!

SUPER MONARCH SPECIAL!

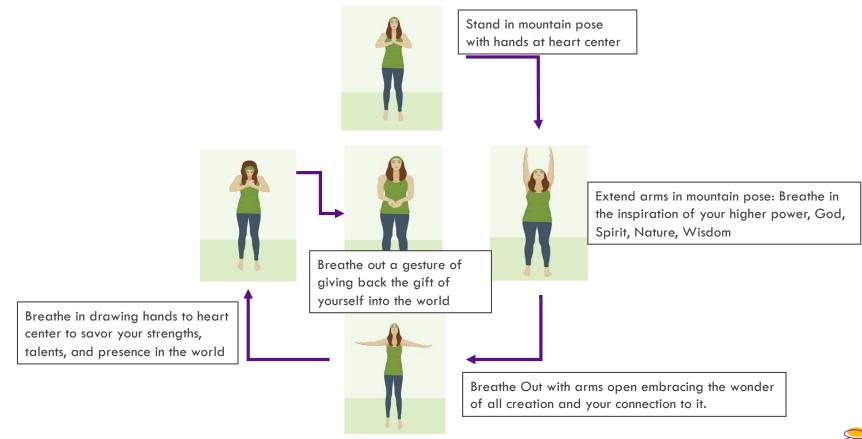
4- Coaching Sessions = \$250

Includes a copy of Mindful Pause





Movement/Exercise - Creation Breath Flow





Learn it. Live it. Share it.

Thank you!





GUIDED RESILIENCE, LLC