

STAYING STRONG

Fostering Emotional Well-Being & Resilience

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WHAT DO YOU THINK?

- *What stressors are you currently experiencing?*
- *What stressors are ahead?*
- *What challenges do you face in managing your day to day life?*





*ACADEMIC PRESSURE

*PEER PRESSURE

*MONEY

*FAMILY

*BALANCING SCHOOL, SPORTS, WORK

*RELATIONSHIP CONCERNS

*ETC.....

BOTTOM LINE: *LIFE IS HARD*

*Take advantage of resources available to you

*Learn skills that help you cope with current & future challenges

*While we are each unique with our own challenges, there are some universal skills that can help... regardless of the situation or problem



***Our emotional well-being is
just as important as our
physical well-being***

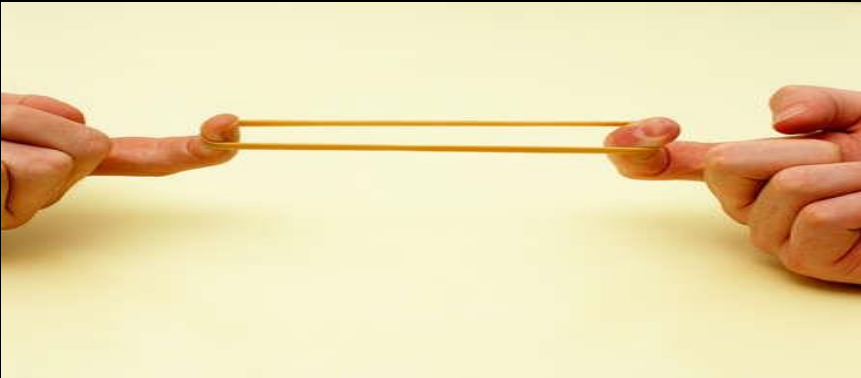


GOAL: TO BE RESILIENT

What is resilience? How would you define it?

“Basically, resilience means the ability to bounce back after being stretched”

-American Psychological Association



Nature AND Nurture



FOUR DIMENSIONS OF RESILIENCE:

Physical

Social

Cognitive

Mindfulness/Meditation/Mind Quieting



PHYSICAL

Sleep

Eat

Exercise

SLEEP:

How many hours should we get?

Did you get that many hours last night?

Do you wake up feeling rested? (and if not, how does that affect your resilience?)

BUT I DON'T HAVE TIME TO SLEEP!:

- Do you have time to get sick?*
- Did you have time to waste reading and studying information that you cannot remember?*
- Do you have time for emotional distress, relational conflict, challenges that seem more overwhelming than they are?*

MAYBE YOU DON'T HAVE TIME TO NOT SLEEP!?

WANT TO SLEEP BUT CAN'T?:

- ❑ *Avoid caffeine late in the day*
- ❑ *Avoid heavy eating right before bed*
- ❑ *Exercise: But not right before bed*
- ❑ *Transition to sleep: avoid screens or stressful material*
- ❑ *Try to maintain the same basic sleep schedule*
- ❑ *If you can't sleep, get up, don't fight it, and make up for it later.*

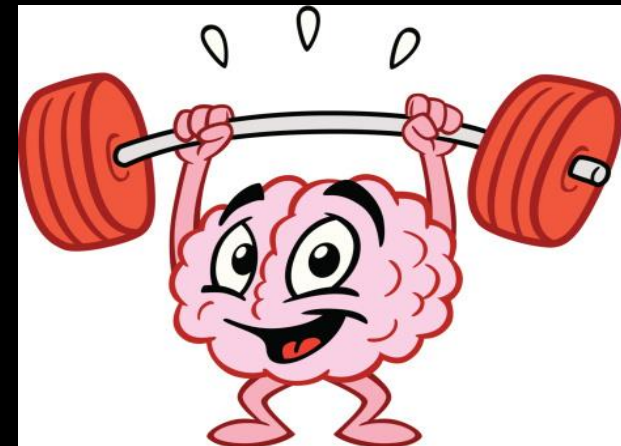


EXERCISE:

Exercise promotes resilience; 150 minutes per week recommended

Aerobic exercise is especially good for mood struggles

What about relaxation? Yoga, hiking...



HEALTHY EATING:

Reminders:

- Eat regularly***
- Stay hydrated***
- Balance the “junk”***
- Limit caffeine***



SOCIAL:

- ***ENGAGE:*** You can't be healthy if your relationships are not...

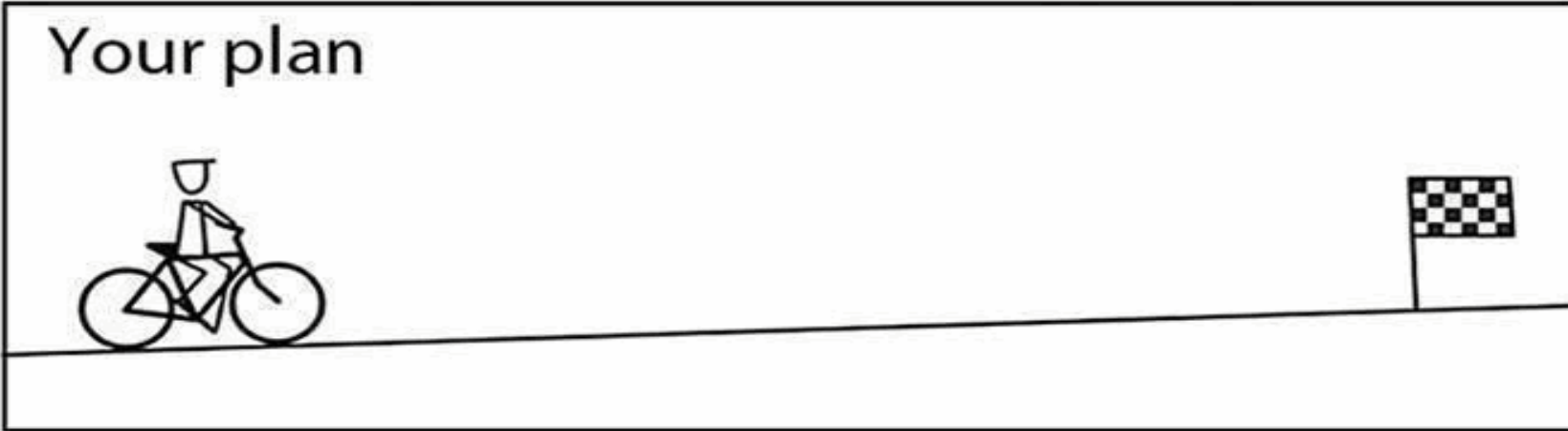
- ***CHECK IN WITH OTHERS:***

- *Friends
- *Family
- *Counselors

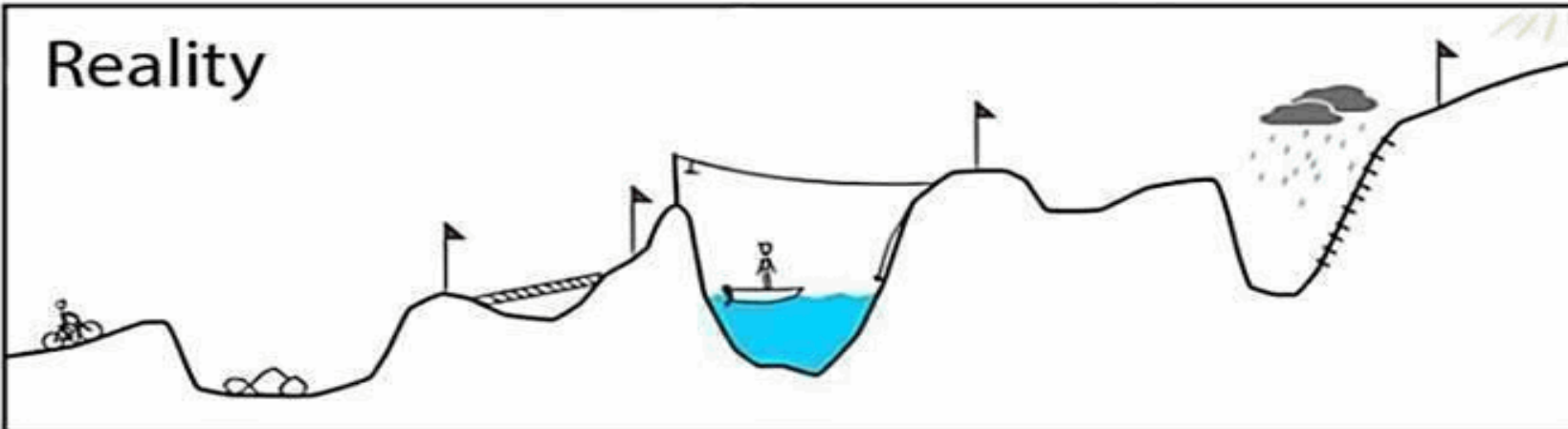





Your plan



Reality



- 
- **Expect** challenges as a part of life vs. being shocked that your life doesn't go smoothly
 - Learn to rally and have a "This too shall pass" perspective



AVOID RIGID THINKING

- Perfectionism
- All-or-nothing
- Catastrophic thinking

AVOID CRITICAL THINKING

- Don't insult self
- Watch inner dialog
- Realize that thoughts are not always reality---Try "I'm having the thought that...[I'm going to fail]"



WHAT IS YOUR MINDSET

Fixed Mind Set:

- Life Sucks
- It's never going to get better.
- I know I'm going to fail
- I just can't take it anymore.

Growth mindset:



THINKING GRATEFUL THOUGHTS

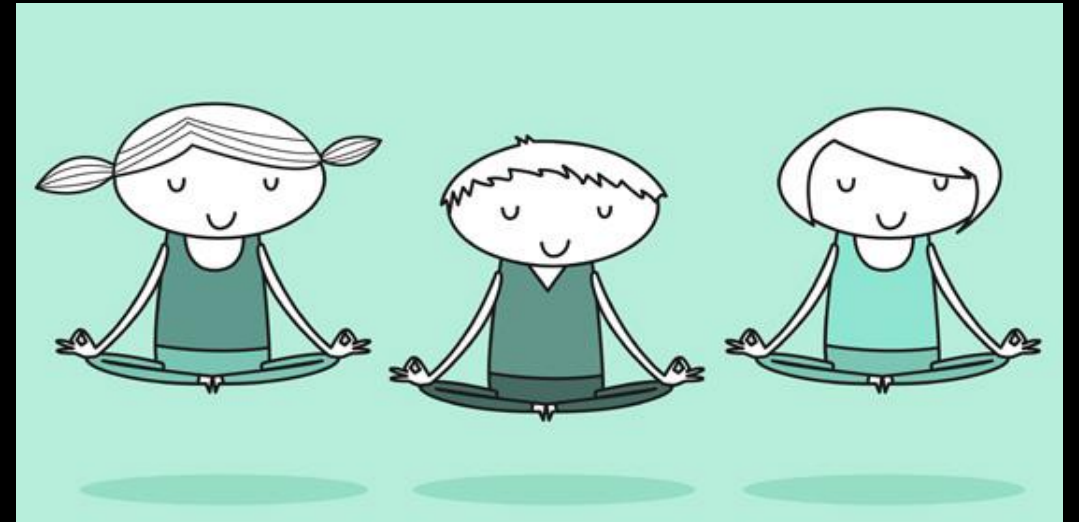
Simply choosing to write down 5 things a day that you are grateful for can improve:

- **Psychological well-being:** mood, energy, etc
- **Physical well-being:** sleep, fewer symptoms
- **Social well-being:** better relationships



MINDFULNESS:

- *Intentional, purposeful*
- *Self-aware*
- *In the present*
- *Problem-solving*



“I am feeling anxious about this situation. I am going to turn this off and go for a walk.”

On walk, take deep breaths, take in the surroundings.....

MINDFULNESS MEDITATION:

Discreet periods of meditation often focused on paying attention to breath, body, and the present moment.



MINDFULNESS RESEARCH:

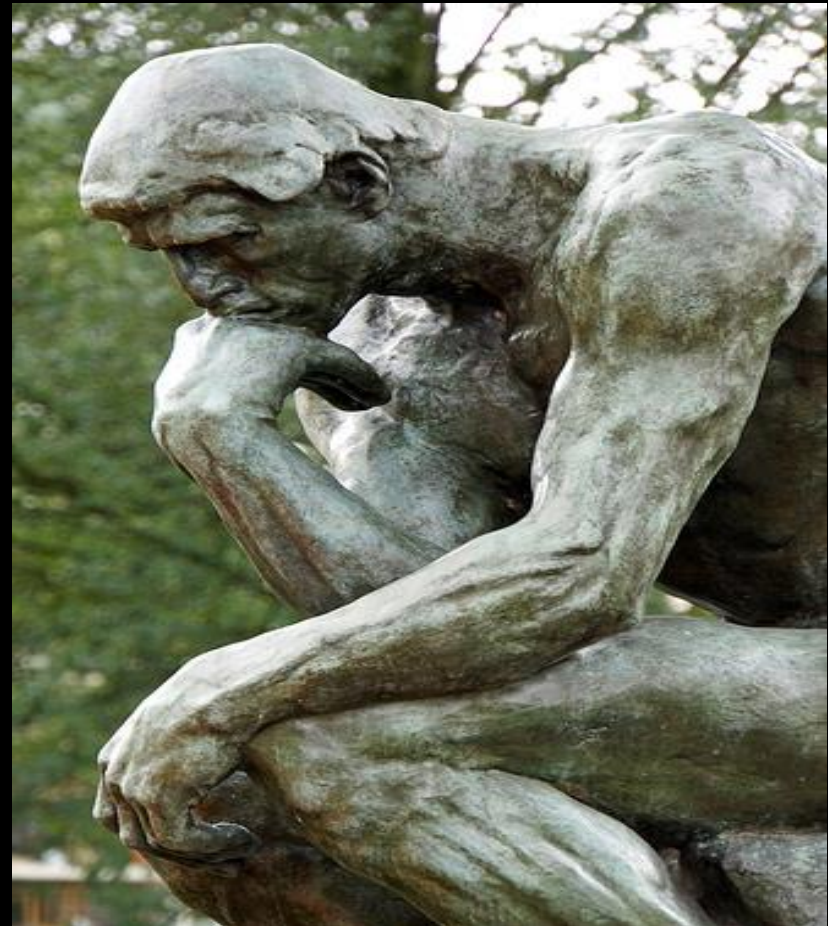
- Positively affects brain patterns underlying day to day anxiety, stress, depression, and irritability.
- Regular meditators see doctors less often; spend fewer days in the hospital
- Memory improves, creativity increases, reaction times become faster.

MINDFULNESS APPS:

- ***Headspace***
- ***Calm***
- ***Buddhify***
- ***Take A Chill***

SO ASSESS YOURSELF...WHERE CAN YOU IMPROVE?

- Physical Health?
- Social Connectedness?
- How You Think?
- Living in the Present?



FINAL THOUGHTS:

- *Your resilience is dynamic...things can get better.*
- **Do SOMETHING!!**
- **Remind yourself that these changes are connected to your goals**
- **Seek help if you're struggling:**
 - **Parents & Family**
 - **Teachers**
 - **Counselors**
 - **Mentors**
 - **Therapists**

