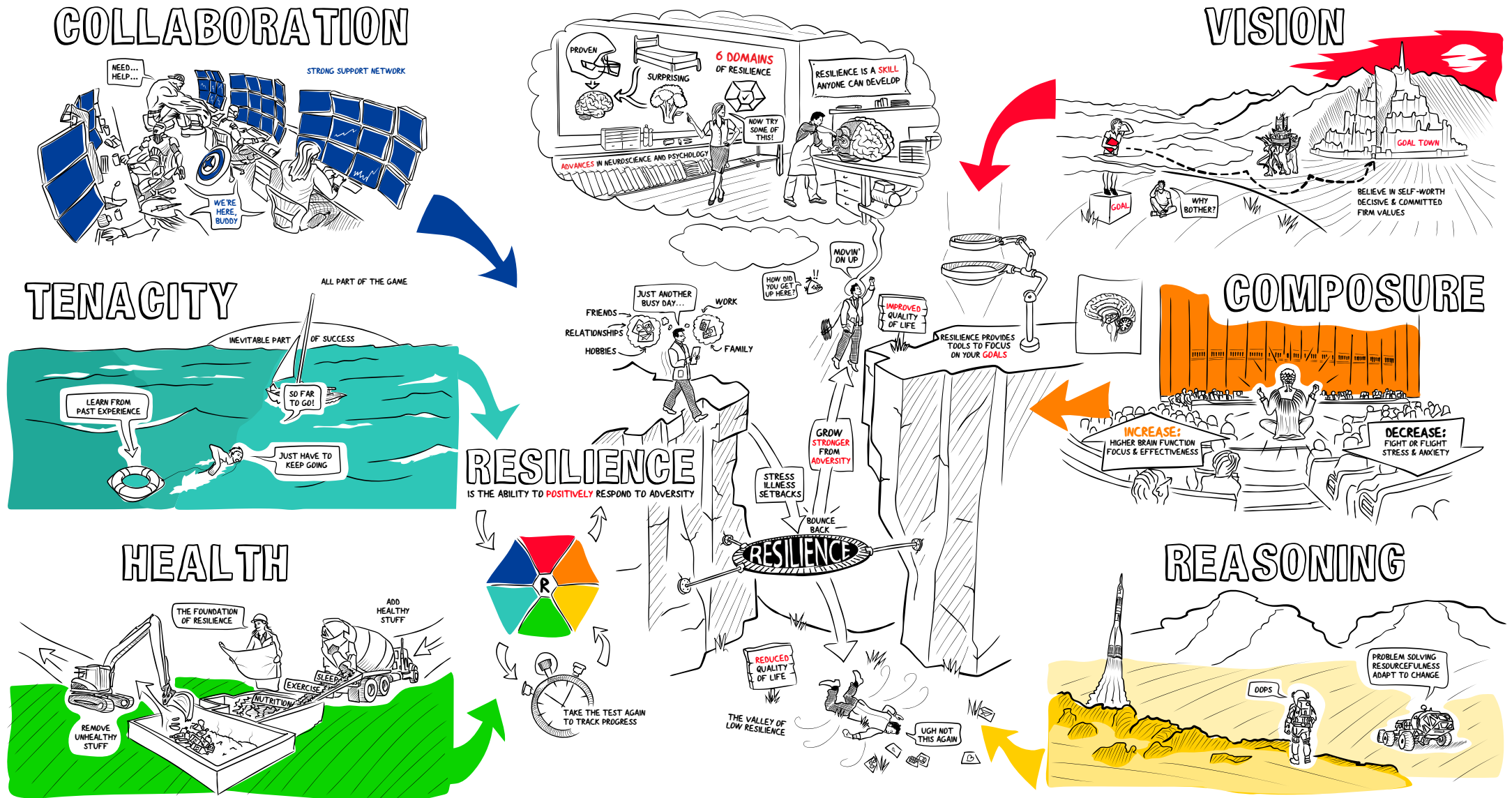


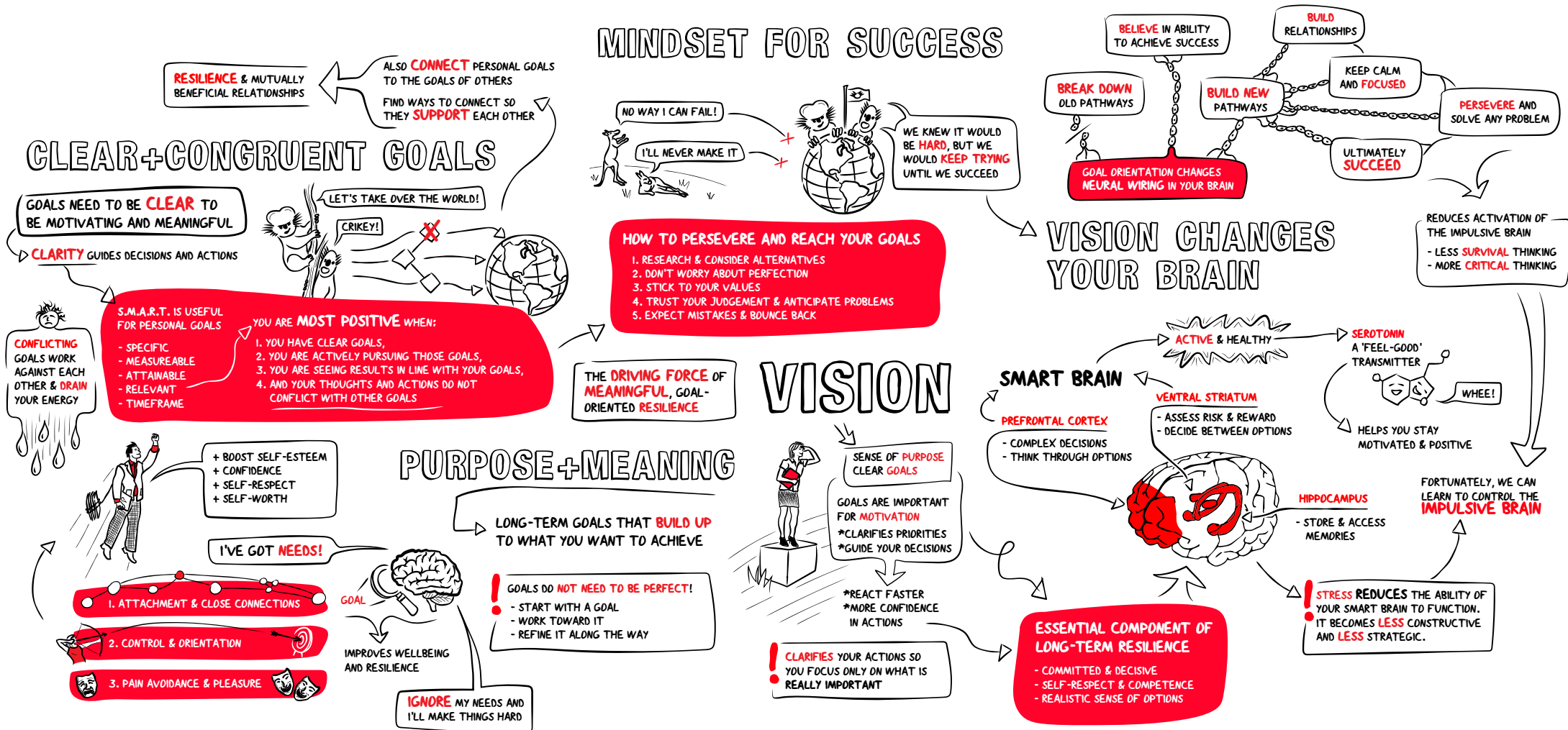
6 Domains of Resilience

Based on the neurobiological foundations of the Predictive 6 Factor Resilience Scale



Vision

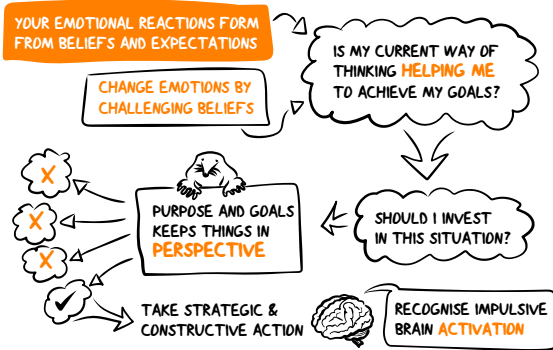
Based on the neurobiological foundations of the Predictive 6 Factor Resilience Scale



Composure

Based on the neurobiological foundations of the Predictive 6 Factor Resilience Scale

GAINING PERSPECTIVE



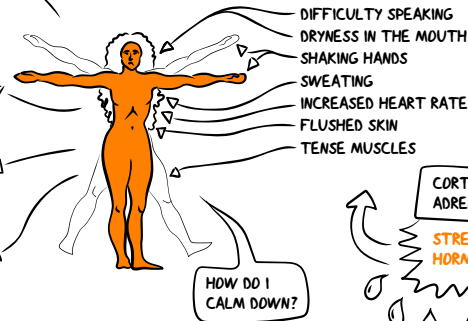
1. **LABEL EMOTIONS**
IDENTIFY ACCURATELY
DISTANCES & CALMS

2. **BREATHE**
SLOW & DEEP
SLOWS HEART RATE

3. **QUICK WALK**
CHANGE SCENERY
GET PERSPECTIVE

4. **SLEEP ON IT**
LET EMOTIONS PASS
RECONSIDER TOMORROW

SIGNS OF STRESS



SMART BRAIN

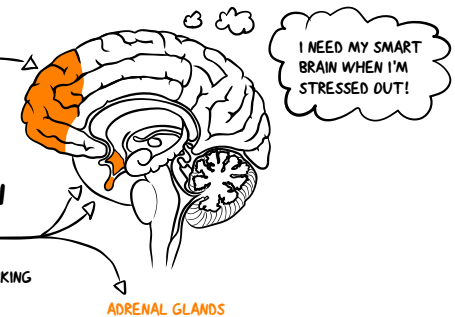
PREFRONTAL CORTEX

- COMPLEX PROBLEM SOLVING
- CONTROL IMPULSIVE BRAIN
- NEEDS TOOLS AND TRAINING

IMPULSIVE BRAIN

HPA AXIS

- FIGHT OR FLIGHT RESPONSE
- REDUCES HIGHER LEVEL THINKING
- SHORT-TERM THINKING



GOOD NEWS!
COMPOSURE IS
A LEARNED SKILL

IT'S ALL OK FROM
MY PERSPECTIVE



SOMETIMES YOU
WILL STILL BE
AFFECTED

HIGH COMPOSURE
HELPS YOU MANAGE
DIFFICULT SITUATIONS

BUT OTHER TIMES
YOU NEED TO STAY
IN CONTROL

COMPOSURE



STAY **CALM AND IN CONTROL**
RECOGNISE AND UNDERSTAND EMOTIONS

LOW COMPOSURE LEADS TO
IMPULSIVE ACTIONS AND
GETTING CARRIED AWAY

REAPPRAISAL

FEELING STRESSED
OR ANXIOUS?

SAY INSTEAD:

I'M FEELING EXCITED!

+
COME UP WITH **REASONS**
FOR WHY YOU ARE EXCITED

RELEASES CONSTRICTED ARTERIES

HEALTH REPORT

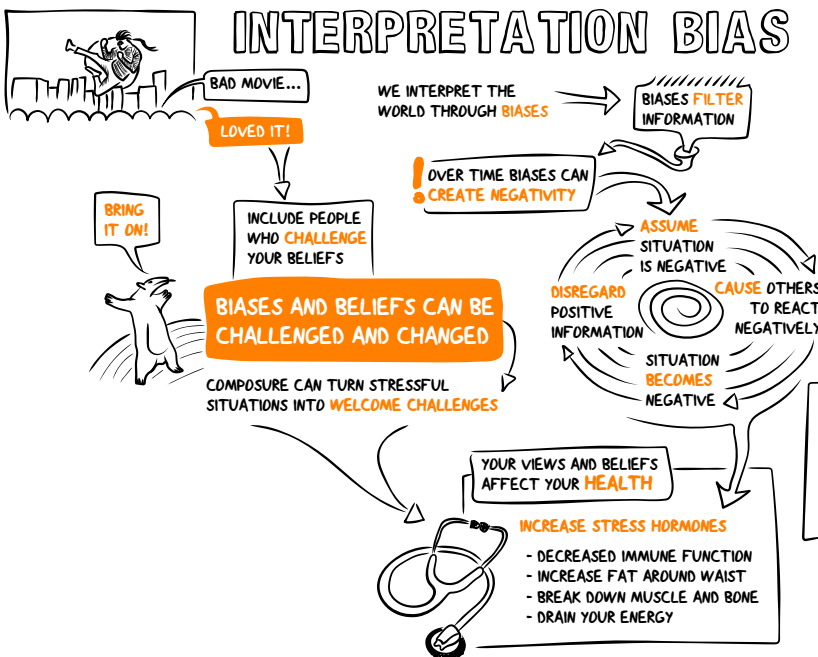
IMPROVEMENT:

- RESTORED BALANCE
- CALM HEART RATE

THINK CLEARLY AGAIN



INTERPRETATION BIAS



EACH TECHNIQUE IS A **TOOL** THAT BUILDS COMPOSURE

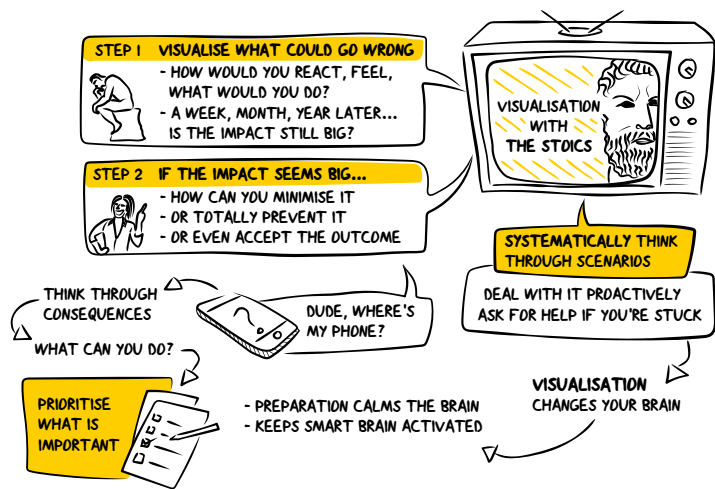


- DEEP BREATHING
- LABEL EMOTIONS
- REAPPRAISAL
- GO FOR A WALK
- SLEEP ON IT
- TEST AGAINST YOUR GOALS

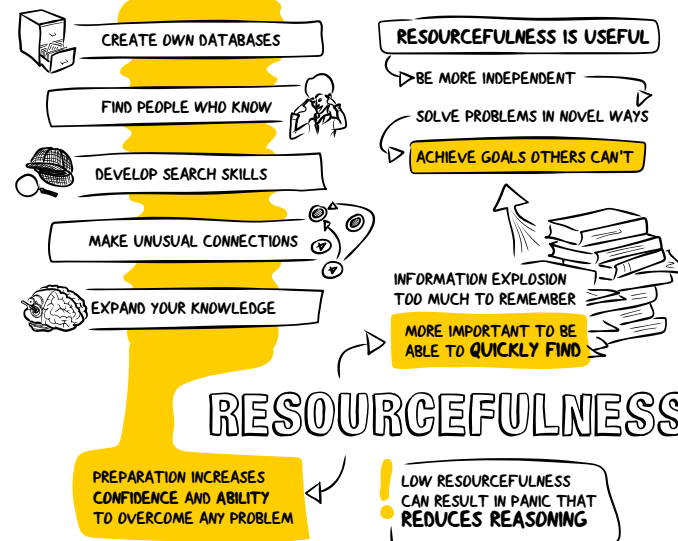
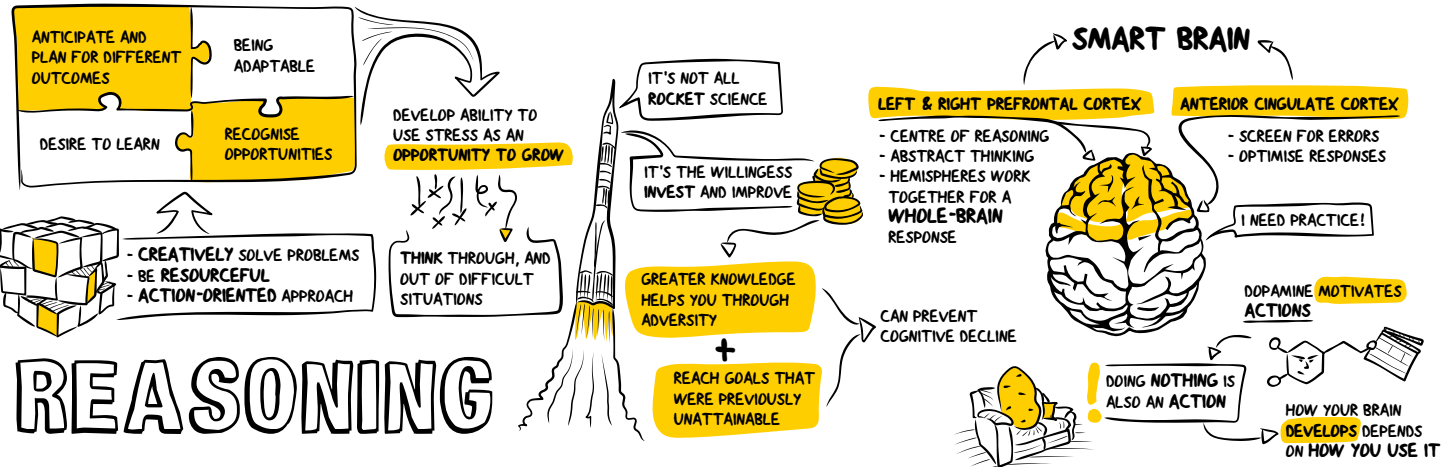
Reasoning

Based on the neurobiological foundations of the Predictive 6 Factor Resilience Scale

ANTICIPATE + PREVENT



THINKING STYLE



THINKING THROUGH STRESS

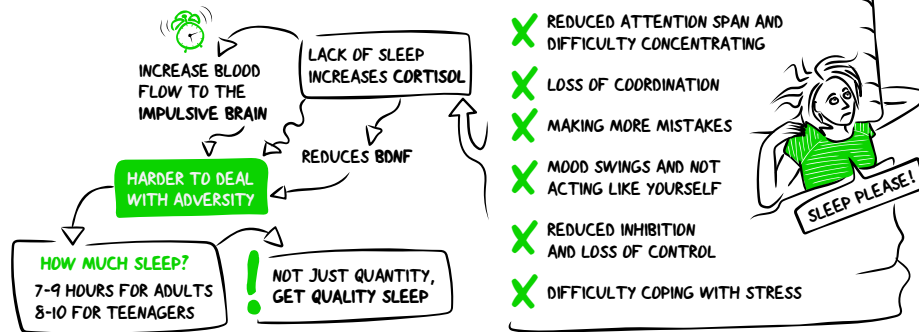


Health

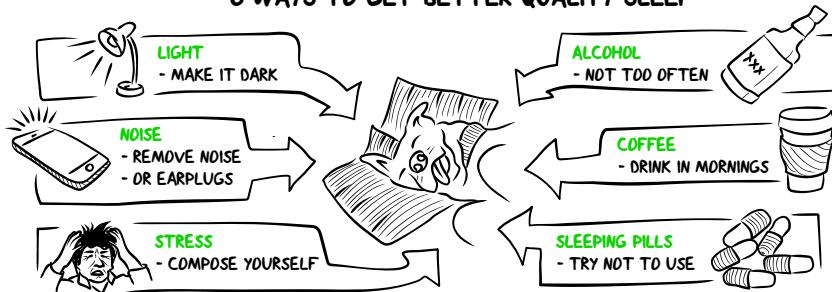
Based on the neurobiological foundations of the Predictive 6 Factor Resilience Scale

SLEEP

! TROUBLE SLEEPING?



6 WAYS TO GET BETTER QUALITY SLEEP



EXERCISE

LONG-TERM BENEFITS

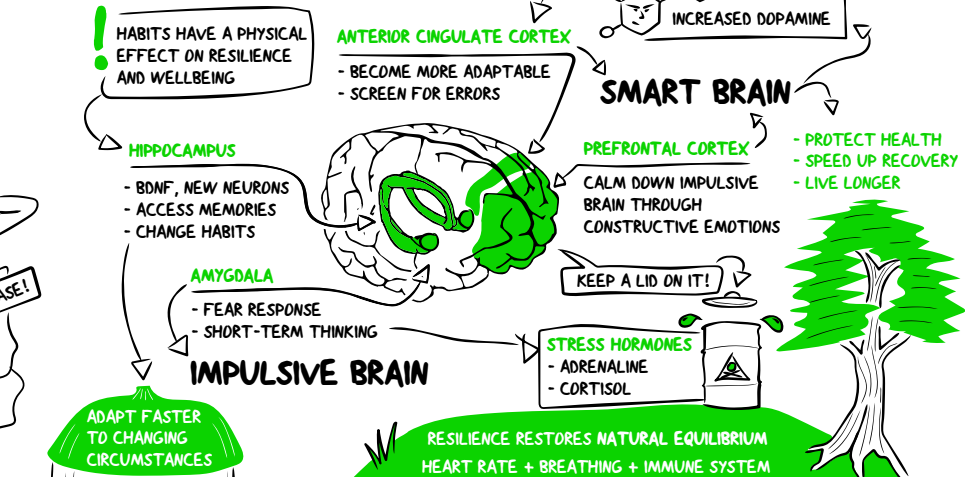
- PROTECTS AGAINST DISEASES
- IMPROVES NEURAL NETWORK EFFICIENCY
- INCREASES BRAIN SIZE AND CONNECTIVITY

HELPS RESILIENCE BY KEEPING YOU SHARP AND MOTIVATED

SHORT-TERM BENEFITS

- THINK FASTER AND MORE ACCURATELY
- ENDORPHINS HELP WITH STRESS
- INCREASES BDNF, BRAIN GROW SMARTER

HOW MUCH EXERCISE?
4 TIMES A WEEK
20 MINUTES EACH



HEALTH

HEALTH AND RESILIENCE AFFECT EACH OTHER

WORST FOR THE BRAIN
- REDUCES BDNF
- LESS ABLE TO LEARN



STUDIES SAY

1. REDUCE SUGAR
2. EAT CONSCIOUSLY
3. MODERATION



YOUR CHOICES IMPACT YOUR BRAIN AND MENTAL PERFORMANCE

NUTRITION

MORE WATER

IMPORTANT BECAUSE OF WHAT IT REPLACES

MORE VEGETABLES

7 SERVINGS PER DAY INCREASES LIFE SPAN

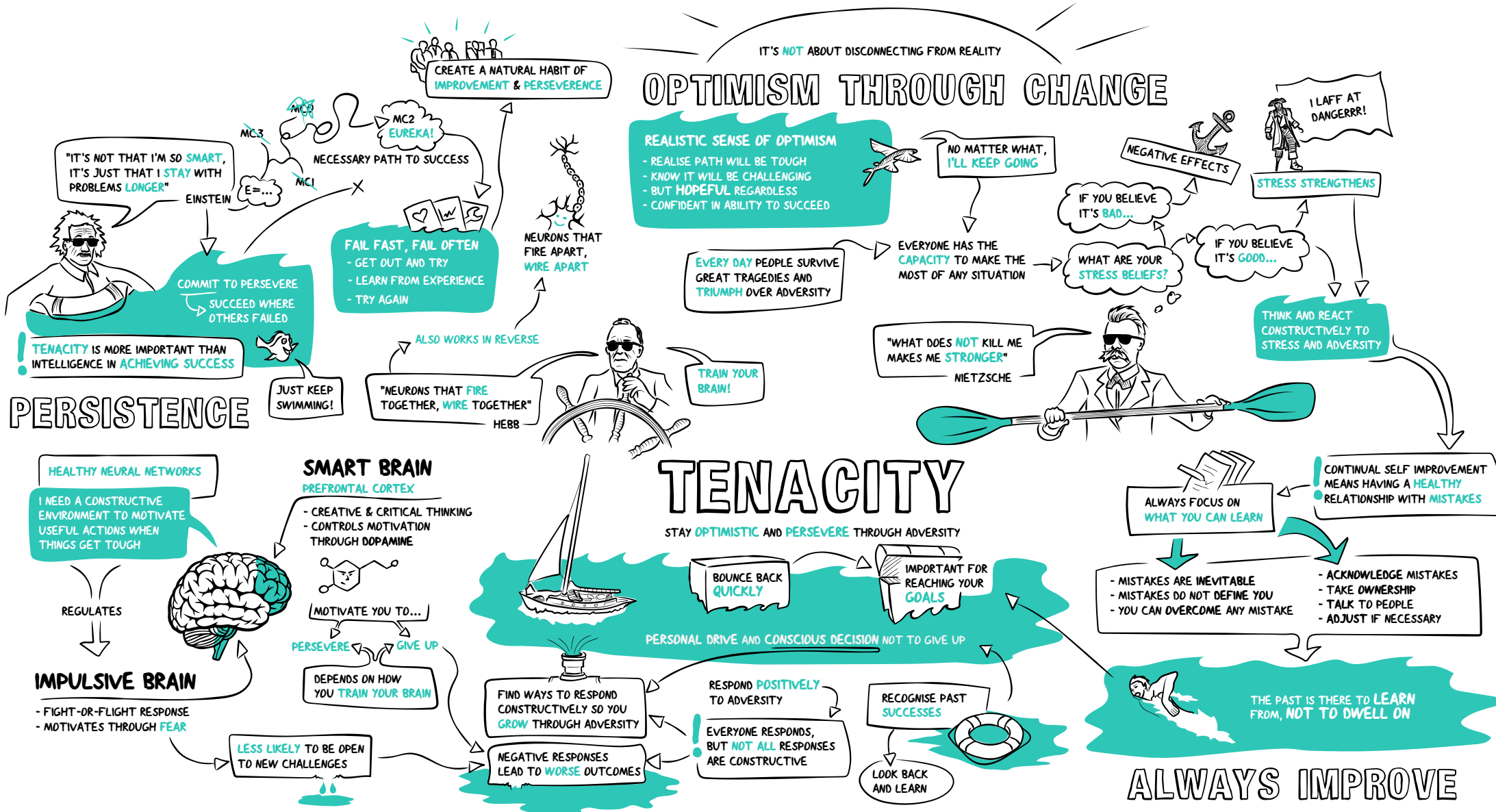
4 SIMPLE GUIDELINES

3. UNPROCESSED FOODS ARE BEST
WHOLE FOODS

4. SO YOU KNOW WHAT IS REALLY IN IT
PREPARE OWN MEALS

Tenacity

Based on the neurobiological foundations of the Predictive 6 Factor Resilience Scale



Collaboration

Based on the neurobiological foundations of the Predictive 6 Factor Resilience Scale

