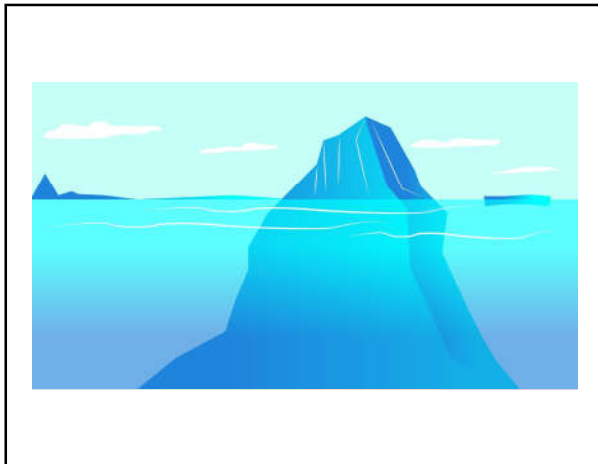
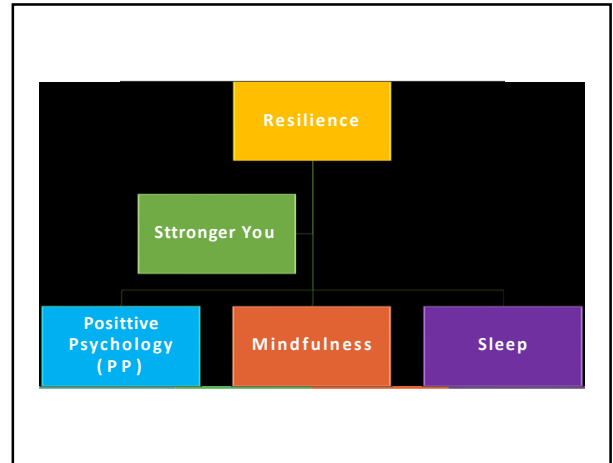


OBJECTIVES

<p>Discuss resilience</p> <p>List the three key concepts of resilience</p> <p>Introduce positive psychology (PP)</p> <p>Discuss the 3Ps of optimism</p> <p>Explain how positive emotions can lead to better health and resilience</p> <p>Discuss the 24 character strengths</p> <p>Introduce gratitude</p>	<p>Discuss mindfulness</p> <p>List the seven attitudes of mindfulness</p> <p>Discuss non-rem and rem sleep cycles</p> <p>Discuss barriers to sleep</p> <p>Explain sleep hygiene</p> <p>Discuss yoga nidra and its benefits</p> <p>Introduce positivity skills that bolster resilience</p>
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What is Resilience?

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“Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress ... involves ‘bouncing back’... it can involve profound personal growth.”
(American Psychological Association, 2021)



Source: Pixabay

“Resilience is the ability to navigate and grow from challenges and adversities... Resilience requires tools... It is about tapping into your inner and outer resources.” (Karen Reivich, PhD)


WHY IT'S MORE THAN BOUNCING BACK

(Karen Reivich, PhD)

3 KEY CONCEPTS OF RESILIENCE

Sources: K. Reivich n.d.; google image




HOW CAN RESILIENCE GET STRONGER

(Karen Reivich, PhD)

CULTIVATE

DEVELOP

ENCOURAGE



Sources: K. Reivich, n.d.; giphy


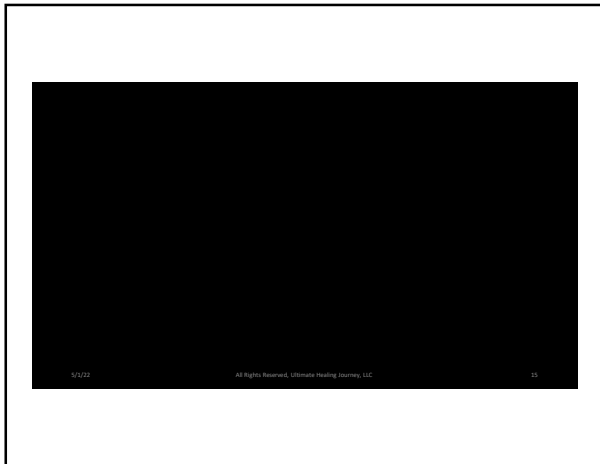





Image source: Pixabay

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RESILIENCE QUESTIONNAIRE (NMRQ)

1 – 5 SCALE (1 =STRONGLY DISAGREE, 5 =STRONGLY AGREE)

1. In a difficult spot, I turn at once to what can be done to put things right.
2. I influence where I can, rather than worrying about what I can't influence.
3. I don't take criticism personally.
4. I generally manage to keep things in perspective.
5. I am calm in crisis.
6. I'm good at finding solutions to problems.
7. I wouldn't describe myself as an anxious person.
8. I don't tend to avoid conflict.

Source: abbreviated version of Nicholson McBride Resilience Questionnaire (NMRQ)

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RESILIENCE QUESTIONNAIRE (NMRQ)

1 – 5 SCALE (1 =STRONGLY DISAGREE, 5 =STRONGLY AGREE)

9. I try to control events rather than being a victim of circumstances.
10. I trust my intuition.
11. I manage my stress levels well.
12. I feel confident and secure in my position.


TOTAL SCORE: _____

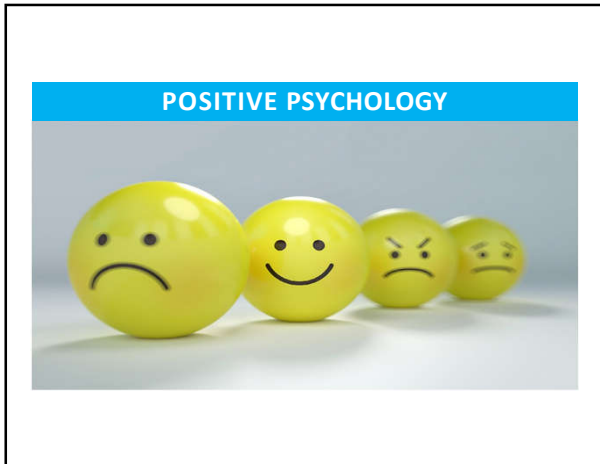
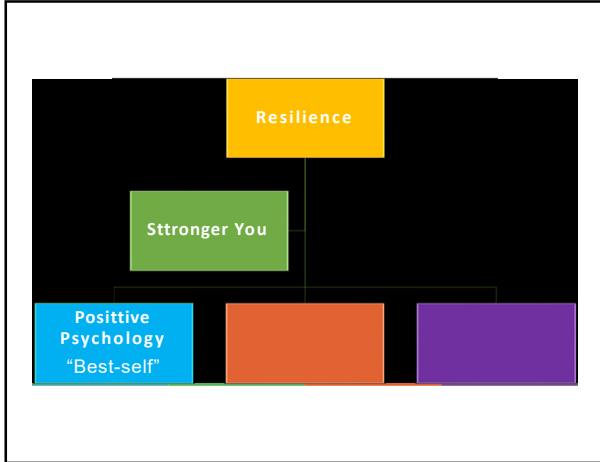
0– 37	Developing Level
38– 43	Established Level
44– 48	Strong Level
49– 60	Exceptional Level

WHERE ARE YOU ON THIS SCALE?

Source: abbreviated version of Nicholson McBride Resilience Questionnaire (NMRQ)

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WHAT IS POSITIVE PSYCHOLOGY

"The scientific study of human strengths and virtues."

"The study of what constitutes the pleasant life, the engaged life, and the meaningful life."
(Martin Seligman, n.d.)

Authentic Happiness

Martin E. P. Seligman, Ph.D.

Healing

HOW ARE RESILIENCE & PP RELATED

BEST-SELF & BEST-LIFE

MEANINGFUL RELATIONSHIP

OPTIMUM HEALTH & WELBEING

POSITIVE HABITS

Source: Luthar, 2008; Csikszentmihalyi & Nakamura, 2011; Luthar, Lyman, & Crossman, 2014

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RESEARCH

Learned optimism
"3Ps"
Martin Seligman, PhD, author of
Learned Optimism

WHAT ARE THREE P's of OPTIMISM

- Personalization** – blaming yourself for the problem or failure
- Pervasiveness** – assuming negative situations impact all domain of your life
- Permanence** – believing that bad events will last forever

Sources: <https://positivepsychology.com/resilience-theory/>, Seligman (1990)

HOW TO STRENGTHEN RESILIENCE

Understanding the 3 Ps bring awareness to how your thoughts, mindset, belief system can affect how you see experiences in your life.

Sources: <https://positivepsychology.com/resilience-theory/>, Seligman (1990)

RESEARCH

Learned optimism "3Ps"
Martin Seligman, Ph.D. author of *Learned Optimism*

Happiness set point
Sonja Lyubomirsky, Ph.D. author of *The How of Happiness*

Happiness Set Point

GENETIC: Parents 50%

LIFE CIRCUMSTANCE: Situational 10%

INTENTIONAL ACTIVITIES: Happiness is a Skill 40%

"Happiness is a choice."

Source: Sonja Lyubomirsky, Ph.D. author of *The How of Happiness*

RESEARCH

Learned optimism "3Ps"
Martin Seligman, Ph.D. author of *Learned Optimism*

Happiness set point
Sonja Lyubomirsky, Ph.D. author of *The How of Happiness*

Positive emotions
Barbara Fredrickson, Ph.D. author of *Positivity*

POSITIVE EMOTIONS ARE CRUCIAL

1. Expand our mind and heart
2. Flood the brain with dopamine and serotonin → boost learning capacity to greater heights
3. Help people bounce back quicker
4. Have inherent value to human growth and development → live fuller lives

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Sources: Barbara Fredrickson, Ph.D. author of Positivity
Image: <https://www.workquote.com/positive-emotion-and-upward-spirals-in-organizations/>

RESEARCH

- Learned optimism "3Ps"**
Martin Seligman, PhD author of Learned Optimism
- Happiness set point**
Angela Lee Duckworth, PhD author of Grit: The Power of Passion and Perseverance
- Positive emotions**
Barbara Fredrickson, PhD author of Positivity
- Character strengths**
C. Peterson Ph.D. & M. Seligman, PhD authors of Character Strengths and Virtues



CHARACTER STRENGTHS



Image source: Pixabay

Early 2000's Seligman, Peterson, & 55 scientist globally (3 years to create) discovered that everyone has a common set of moral values.

When exercised, it becomes the keys to your best-self!

Source: Seligman & Peterson, 2004. www.viacharacter.org/, 2019



SIGNATURE STRENGTHS



Image source: Pixabay

1. Natural to you
2. What you are commonly described as
3. When spotted, it brings out the best in you - "Strength Spotting"
4. Improve your life and help you flourish 18x than those who don't use

Source: www.viacharacter.org, 2019



Protective factors against life's challenges:


- Gratitude
- Kindness
- Hope
- Bravery



Source: Fletcher & Sarkar, 2013



WHAT IS GRATITUDE




"Gratitude is a felt sense of wonder, thankfulness, and appreciation for life."

SOURCE: Robert Emmons, 2007

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BURDEN VS. BLESSINGS STUDIES

Physical	Mental/Emotional
<ul style="list-style-type: none"> Fewer complaints of health problems Fewer symptoms of physical discomfort Exercised 1.5 hours/week Energetic Stronger Better sleep (bedtime) 	<ul style="list-style-type: none"> Happiness booster – 25% Increase life satisfaction Optimism Joyful Determined Enthusiastic Interested


Source: Emmons, R.A., & McCullough, M.E. (2003)


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WHY IS IT HARD TO BE HAPPY ALL THE TIME





WHAT IS NEGATIVITY BIAS



Rick Hanson PhD

Hard-wired to Survive

"The brain is very good at learning from bad experiences but bad at learning from good ones."


Velcro vs. Teflon

We hold on to negative experiences like Velcro. We hold on positive experiences like Teflon.

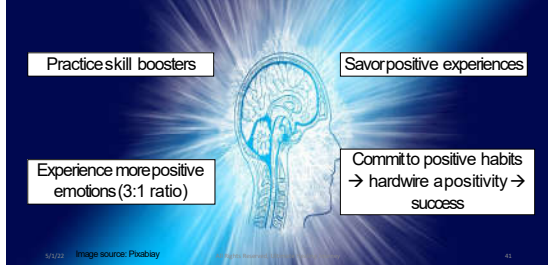
Sources: Rick Hanson, n.d.; Pixabay

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HOW CAN YOU HARDWIRE POSITIVITY



Practices skill boosters

Savor positive experiences


Experience more positive emotions (3:1 ratio)

Commit to positive habits
→ hardwire a positivity → success

Image source: Pixabay


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Skill: "3Ps"

Pessimist	Optimism
Personal "I'm not good enough."	Impersonal "Maybe I am not his/her type."
Permanent "I will never find someone."	Impermanent "I'll find someone someday."
Pervasive "I don't have people in my life."	Specific "I have friends who love me."

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Skill: "Signature Strength Exercise"

Pick Your Top 3:

1. Best describes you
2. Comes naturally
3. Energizes you

Creativity Perspective
Judgment Curiosity
Honesty Bravery Fairness
PERSEVERANCE Teamwork
Love Kindness Leadership
Social Intelligence Love of Learning
Forgiveness HOPE PRUDENCE
Spirituality Appreciation of Beauty & Excellence Humility
SELF-REGULATION Gratitude CHARACTER

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Reflection & Share

Look at your 3 signature strengths.

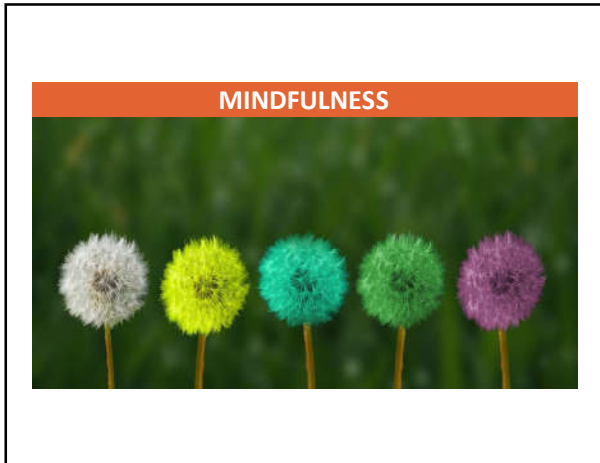
Think of a time recently when you used one of your strengths. What happened?

Pick a partner and share this experience. **Don't** tell your partner the strength(s) used.

Partners strength spot from the story you heard. Switch.

Image source: Pixabay 5/3/22 All Rights Reserved, Ultimate Healing Journey 45





HOW DOES MINDFULNESS BREED RESILIENCE


Both involves paying attention, noticing any negative thinking, choosing to behave in alignment to your best-self.

The stronger your mindfulness meditation practice, the more resilient you can become because it can reduce the rumination of harmful "emotional soup" in your mind. (Richard Davidson, PhD)


Emotional resilience is enhanced through mindfulness practices that leverage positive emotions over negative emotions.

Sources: <https://www.mindful.org/5-ways-build-resilience-every-day/>
https://libm.ac.in/turn_turn_building_emotional_resilience_crisis_through_mindfulness.php


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WHAT IS MINDFULNESS




"The simple process of actively noticing new things."




"Paying attention in a particular way, on purpose, in the present moment, and non-judgmentally."

Sources: Kabat-Zinn, 1990; Langer, 2009

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Notice new things → Build awareness → Increase attention →



Mindfulness benefits:

- Health
- Competence
- Happiness
- Charisma
- Innovation
- Memory
- Attention
- Energy
- Engagement

Source: Langer, 2014

7 ATTITUDES (Kabat-Zinn)



1. NON-JUDGING	2. ACCEPTANCE
3. LETTING GO	4. BEGINNER'S MIND
5. PATIENCE	6. NON-STRIVING
7. TRUST	8. GRATITUDE
9. GENEROSITY	


Source: Full Catastrophe Living by Jon Kabat-Zinn

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Mindfulness-Based Wellness Program Supports Staff & Prevents Turnover:

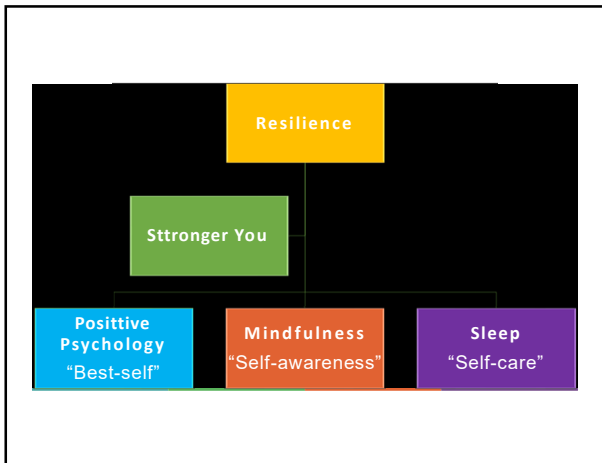
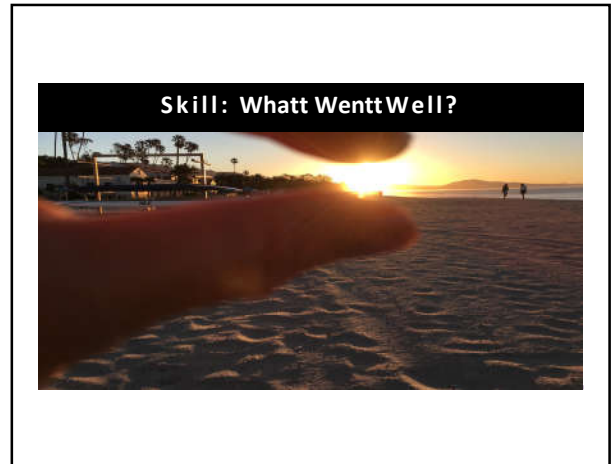
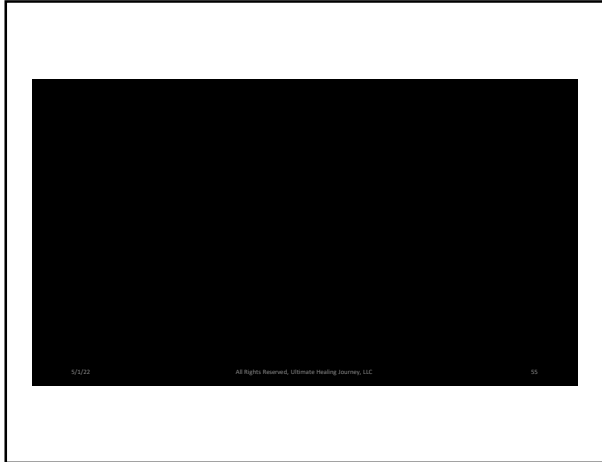
1. Significant reduction in perceived stress
2. Reduced anxiety and emotional reactivity
3. Increased focus
4. Increased empathy
5. Increased coping skills
6. Increased self-care
7. Increased calmness
8. Greater satisfaction with work and life



Source: Bellon, 2018
Image source: Pixabay

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A good laugh and a long sleep are the best cures in the doctor's book. — Irish Proverb



Image source: Pixabay
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SLEEP



Image source: Pixabay

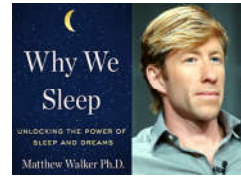
MERRIAM-WEBSTER DICTIONARY: SLEEP

"...the absence of wakefulness ...accompanied by ...the occurrence of dreaming and changes in brain activity and physiological functioning, is made up of cycles of **non-REM sleep** and **REM sleep**, and is usually considered essential to the restoration and recovery of vital bodily and mental functions."

Source: <https://www.merriam-webster.com/dictionary/sleep>



HOW DOES SLEEP IMPACT RESILIENCE

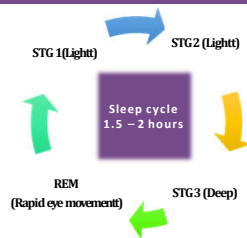


"Sleep is the Swiss Army Knife of health... the singular most effective thing to do to reset your brain and body."
(Matt Walker, PhD)

Source: Matthew Walker n.d.



2 TYPES OF SLEEP (NON-REM & REM)

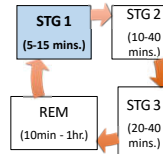


Sources:
 • <https://www.sleepfoundation.org/how-sleep-works/stages-of-sleep>
 • <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep#1>



NON-REM STAGE

Stage 1:
 • Easy to wake
 • HR, breathing, & eye movement slows down
 • Body relaxes (twitches)



Sources:
 • <https://www.sleepfoundation.org/how-sleep-works/stages-of-sleep>
 • <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep#1>

NON-REM STAGE

Stage 1:

- Easy to wake
- HR, breathing, & eye movement slows down
- Body relaxes (twitches)

Stage 2:

- Light sleep
- HR & breathing slows
- Eye movements stops
- Body temp. drops

REM (10min - 1hr.)

STG 1 (5-15 mins.) → **STG 2 (10-40 mins.)** → **STG 3 (20-40 mins.)** → **REM (10min - 1hr.)**

Sources:

- <https://www.sleepfoundation.org/how-sleep-works/stages-of-sleep>
- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep#1>

NON-REM STAGE

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- Body temp. drops

REM (10min - 1hr.)

STG 1 (5-15 mins.) → **STG 2 (10-40 mins.)** → **STG 3 (20-40 mins.)** → **REM (10min - 1hr.)**

Stage 3:

- Difficult to arouse
- HR & breathing at lowest rate
- Body is recharging:
 - Restore energy
 - Regenerate cells
 - ↑ blood supply to muscles
 - Growth & repair (tissues & bones)
 - Strengthen immune system

Sources:

- <https://www.sleepfoundation.org/how-sleep-works/stages-of-sleep>
- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep#1>

RAPID EYE MOVEMENT (REM)

REM: (Paradoxical sleep)

- Extremities temporarily paralyzed
- Vivid dreams
- Breathing, HR, & BP increases
- Brain is processing data, storing memories, and upgrading its system

STG 1 (5-15 mins.) → **STG 2 (10-40 mins.)**

REM (10min-1hr.) → **STG 3 (20-40 mins.)**

Source:

- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>

RAPID EYE MOVEMENT (REM)

REM:

- Extremities temporarily paralyzed
- Vivid dreams
- Breathing, HR, & BP increases
- Brain is processing data, storing memories, and upgrading its system

Optimizes brain health & function:

- Cognitive functions (learning, memory & creativity)
- Neural connections for overall physical, mental, & emotional health
- Removal toxins that build up in the brain while awake

STG 1 (5-15 mins.) → **STG 2 (10-40 mins.)**

REM (10min-1hr.) → **STG 3 (20-40 mins.)**

Source:

- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>

SLEEP DEPRIVATION

CDC(2012) Public Health Epidemic

1/3 Americans less than 6 hrs./noc

Adults need 7 – 9 hrs./noc.

Common in shift workers

Sleep debt negatively impacts body and brain function

Sources:

- Centers for Disease Control and Prevention (CDC) (2012). Short sleep duration among workers—United States, 2010. *MMWR Morbidity and mortality weekly report*, 61(16), 281–285
- <https://www.cdc.gov/niosh/pressroom/longhourstraining/debt.html>
- Image source: giphy

DROWSY DRIVING

Drowsy driving is like drunk driving.

1. Poor reactivity time
2. Poor awareness of hazards
3. Lack of ability to sustain attention

Worse time 12am – 6 am

Source: National Highway Traffic Safety Administration. n.d.

SLEEP DEPRIVATION & HEALTH

Linked with 7 out of 15 leading causes of death in the U.S.

- Cardiovascular disease
- Cancer
- Accidents (unintentional injuries)
- Stroke
- Diabetes (Type 2)
- Septicemia
- High blood pressure

Source: Haehner, M. et al., 2017.

SLEEP DEPRIVATION & DEPRESSION

Sleep and depression are bi-directionally related.

Sleep issues associated with depression are insomnia (75%), hypersomnia (15%), or obstructive sleep apnea (20%).

Sleep issues may predispose someone to depression due to changes in the function of the neurotransmitter serotonin.

Source: <https://www.sleepfoundation.org/mental-health/depression-and-sleep>

CENTERS FOR DISEASE CONTROL AND PREVENTION

Solutions (short & long term):

1. Pay down debt → naps
2. Add sleep time minutes/hours slowly
3. Determine the root cause
4. Establish sleep hygiene

Source:
 • Centers for Disease Control and Prevention (CDC) (2012). Short sleep duration among workers—United States, 2010. *MMWR Morbidity and mortality weekly report*, 61(16), 281–285
 • <https://www.cdc.gov/niosh/emres/longhourstraining/tebt.html>

WHAT IS SLEEP HYGIENE?

A series of decisions, actions, and habits that are done at pre-bedtime and at bedtime, routinely and consistently, to help ensure quality of sleep.

Source: Sleep Foundation
Image source: Pixabay

10 COMMON BARRIERS

Sleep not honored	Stress	Sleep disorders (>80)	Medical condition or Pregnancy
Shift work	Alcohol, Caffeine, Sleeping tabs	Jett lag	Drug side effects
Eating/ Drinking latte at night		No sleep hygiene	

Source:
 • <https://www.sleephealthfoundation.org.au/files/pdfs/Common-Causes-Inadequate-Sleep.pdf>

10 SLEEP HYGIENE TIPS

Bedtime Routine – 24/7

Cool, Comfortable, & Calming Bedroom






Electronics Curfew

Bed for Sleeping & Sex

No Large Meals, Alcohol, Nicotine, & Caffeine @HS

Source: Images from Pixabay
 • https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
 • <http://sleepeducation.org/essentials-in-sleep-health/sleep-habits>

10 SLEEP HYGIENE TIPS

- 
Can't Fall Asleep After 20 mins.
Get Out of Bed
- 
Weighted Blankets (Dunham, Scullin, & Miller, 2020)
- 
Aromatherapy (Tanaka, Motomura, & Inoue, 2017)
- 
Gratitude (Simmons & McCullough, 2020)
- 
Relaxing activities – Reading, Listening to Music, etc.


Source: Inspirewell Health
 • Dunham, A. A., & McCullough, M. E. (2020). Counting sheeps versus bustards: an experimental investigation of gratitude and subjective well-being in daily life. *Journal of personality and social psychology*, 118(2), 377–390. <https://doi.org/10.1037/a0050722>
 • Tanaka, Y., Motomura, K., & Inoue, S. (2017). Effect of aromatherapy on sleep quality: a randomized controlled study of weighted blankets for insomnia in psychiatric inpatients. *J Clin Sleep Med*, 13(10), 1587–1597. <https://doi.org/10.5664/jcsm.12020>
 • Simmons, J. L., & McCullough, M. E. (2020). Gratitude and well-being: a review of the literature. *Journal of personality and social psychology*, 118(2), 377–390. <https://doi.org/10.1037/a0050722>



Reflection

How can you advocate and protect for your sleep even more?

1. Think about your bedtime routine
2. Determine what's working and what's not
3. Pick one thing you can change to help you advocate and protect your sleep?



YOGA NIDRA

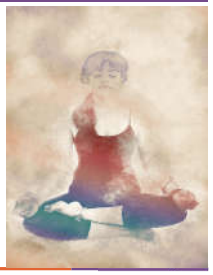
Gentle form of yoga that asks you to focus on your breath and body through guided meditation.

Conscious way of offering you deep relaxation in a sleep state.

It's been said that 45 minutes of yoga nidra feels like having 3 hours of sleep.

Sources:

- <https://www.sleep.org/can-yoga-help-sleep-better/>
- <https://www.yogasoul.com/meditation/your-brain-on-yoga-nidra/>




YOGA NIDRA RESEARCH

Yoga nidra good results in patients with...

- Menstrual abnormalities
- Post-traumatic stress disorder
- Diabetes
- Anxiety
- Depression
- Sleep disorders

Source: Datta, K., Tripathi, M. & Mallick, 2017
Image source: Pixabay





Skill: Divine Sleep® Yoga Nidra

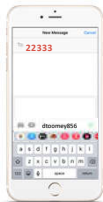
1. Find a comfortable position.
2. Place both feet on the floor.
3. Rest your hands with palms up on your lap.
4. Trust in the process and allow yourself *fall awake*.
5. If you start falling asleep, you may shift to slight wake the body.
6. Enjoy the practice.
7. Reflect.



Pollev.com/dtoomey856 or
Text dtoomey856 to 22333

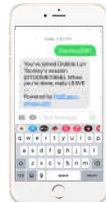
Step 1

Text dtoomey856 to 22333



Step 2

- Click on PollEverywhere.com
- Choose "Participant"
- Answer the question



Thank You!

Speaker – Masttermind Programs – Coach



Email: DebbieLyn@HealthandHappinessSpecialistt.com

Website: www.HealthandHappinessSpecialistt.com

Inspiration Postday

