BUILDING RESILIENCE IN UNCERTAIN TIMES

Colorado Community Health Network
Kristen Race, Ph.D.
3 BREATH MICRO PRACTICE

1. Take a deep breath, as you exhale relax.
2. Take a deep breath, breathe out tension.
3. Take a deep breath and ask yourself, “What is the most important thing right now?”
Meet our Chief Operating Officer:
Kenny Reisman
YOUR BRAIN ON FIRE
The overt & covert stressors that lead to survival mode
CLASSIC STRESS RESPONSE

Diagram:
- Limbic
- Optimal Prefrontal Functioning
- Sleep
CHRONIC STRESS

Prefrontal Cortex - Smart Brain

High
Performance

Low

Sub-optimal Performance

Optimal Performance

Zone

Paralytic Anxiety
Poor Performance

Stress

None
Mild
Moderate
Severe

Amygdala - Alarm Brain
CHRONIC STRESS
Mindful Leadership
How Mindfulness Helps

Limbic

Optimal Prefrontal Functioning

Sleep
Mindfulness

The ability to know what is going on in our head without getting carried away by it
Paying attention to the present moment with kindness
FORMAL VS INFORMAL
Life is 10% what happens to me and 90% how I react to it.

Pastor Chuck Swindoll
STRESS THRIVES ON UNCERTAINTY
Focus on the things you can control
YOUR MORNING MATTERS!
BREATHE

Anterior cingulate cortex

Frontal lobe
BOX BREATHING
BOX BREATHING
BOX BREATHING
Tools to Calm Your Mind When You Feel Triggered
PBR
PBR
PBR

PAUSE

BREATHE

RESPOND WITH INTENTION
Habit Stacking
While Washing Your Hand

1. Integrative relaxation breathing
2. Inhale for 4, exhale for 6, repeat
3. Recite a helpful mantra
1. Take a deep breath, as you exhale relax.
2. Take a deep breath, breathe out tension.
3. Take a deep breath and ask yourself, “What is the most important thing right now?”
UNDERSTANDING ANXIETY
ANXIETY MEDITATION
Getting Curious About Your Anxiety
You can’t calm the storm...so stop trying. What you can do is calm yourself. The storm will pass.
SELF-COMPASSION
THREE GOOD THINGS

1. Lower burnout in our jobs
2. Lower depression
3. Increased happiness
4. Better work/life balance
5. Improved sleep quality
Optimize the Smart State

1. Set the tone for your day by strengthening your smart state.
2. Use micro-mindfulness practices to stay in the smart state.
3. Get curious about your anxiety.
4. Focus on what you can control and accept what you cannot.
5. Treat yourself like you would treat a friend.
6. Find and share the good.
7. Focus on what you can control and accept what you cannot.

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