ALLONE HEALTH FAMILY OF EAPS

INCREASING OUR OWN RESILIENCE

Thinking & Feeling:
1) **Emotion Focused Coping**: Distraction, Disclosure, Prayer, Eating, Drinking, Drugs, Journaling, Cognitive Reappraisal, Suppressing
   - Some of these are less effective, poorer health outcomes, not a long-term solution
   - BUT some of these strategies are a better choice if situation is OUT of your control

2) **Problem Focused Coping**: Targets cause of stress, Problem solving, Time management, obtaining instrumental social support
   - Better as it may remove or reduce stressor, however NOT useful when you cannot control the situation

3) **Notice Your Feelings**: Use emotions for a productive purpose instead of letting your emotions use you
   - Look at the whole picture and have empathy for the other person’s experience
   - Our emotions can teach us and naming them soothes us

Relating & Connecting:
1) **Turning Towards**: Accept bids for connection! It is money in your relationship bank account
   - Pay attention to the little interactions, it can help your relationships stay, or become, positive. (Gottman, J., 1999)

2) **Mirror neurons**: wired to perceive others: Our moods can spread to others
   - Acknowledge others, does not have to mean agreement, we influence each other

3) **Being vulnerable & feeling grateful**: Allows more organic connection, and gratefulness can alter negative thought patterns
   - Having empathy for those we are in relationship with is powerful (Brown, B. 2015)

4) **Boundaries**: Between and within
   - Have clear boundaries between colleagues when there are dual roles within a community
   - Self-critic - pay attention to what you are telling yourself, the judgments you may be placing on yourself

Noticing & Responding:
1) **NOTICE the body you live in**: We are often not aware of ourselves
   - Square breathing, Calm App, tip of nose
   - Taste your food, focus on eating
   - Pay attention to one body part, body scan
2) **NOTICE the world around you:** Being engaged in our surroundings can help get out of your own head
- Spend time in nature, from hunting, hiking, sitting on your front step
- Movement is a great way to combat stress, any type of movement

3) **RESPOND to both of these:** Calm, soothe, energize and connect
- To calm your mind and access logical thinking, calm the amygdala and don’t flip your lid. (Siegal, D. & T. Paine Bryson, 2011)
- Mindfulness: Being present in this moment. 54321
- Limit screen time….and social media

**54321 Mindfulness**
- **Notice 5** things you can see. Say them silently to yourself.
- **Notice 4** things you can hear. Say them silently to yourself.
- **Notice 3** things you can feel. Say them silently to yourself.
- **Notice 2** things you can smell. Say them silently to yourself.
- **Notice 1** thing you can taste. Say it silently to yourself.
Additional Resources

Books:
- Wherever You Go There You Are by Jon Kabat-Zinn
- Calming Your Anxious Mind by Jeffrey Brantley
- Fully Present by Susan M. Smalley

Video:
- Mirror Neurons – Nova Science Now - http://youtu.be/0kx3bFZLgZo

Websites:
- http://marc.ucla.edu/mindful-meditations

Articles: