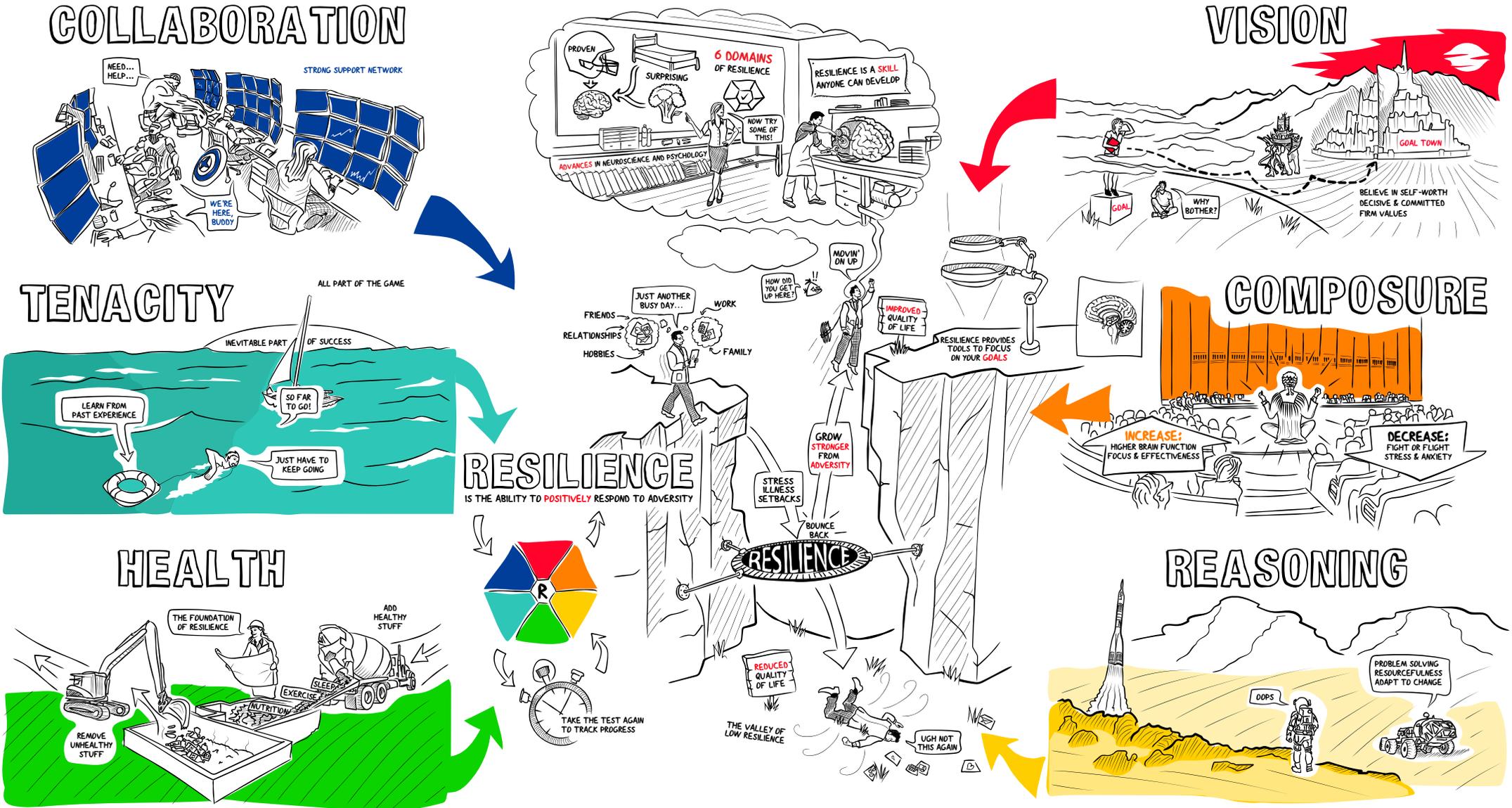


6 Domains of Resilience

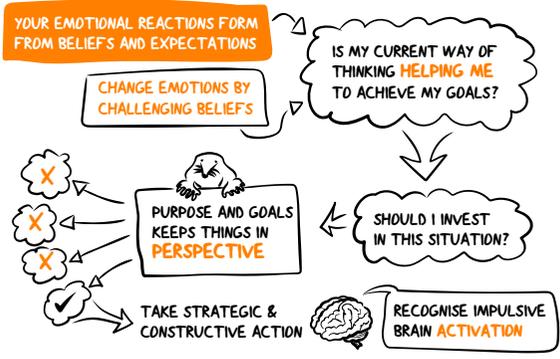
Based on the neurobiological foundations of the Predictive 6 Factor Resilience Scale



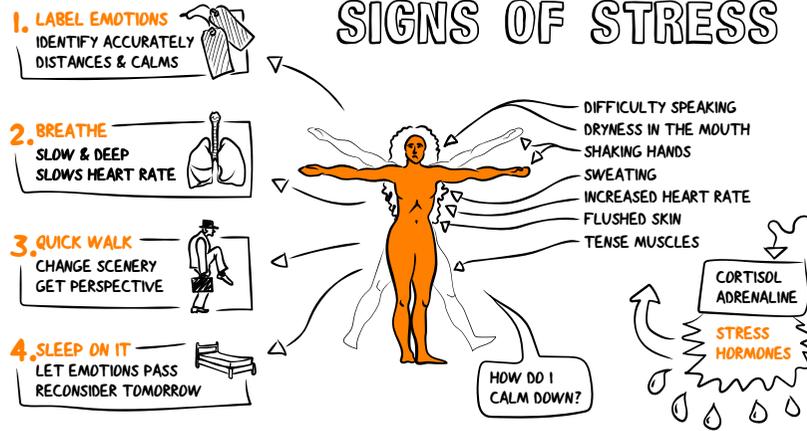
Composure

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

GAINING PERSPECTIVE



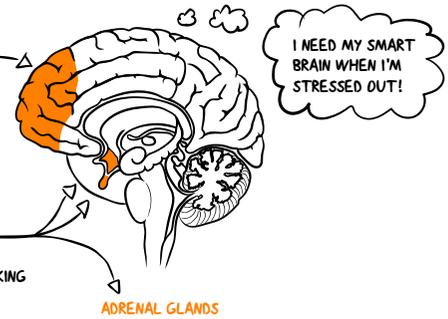
SIGNS OF STRESS



SMART BRAIN

PREFRONTAL CORTEX

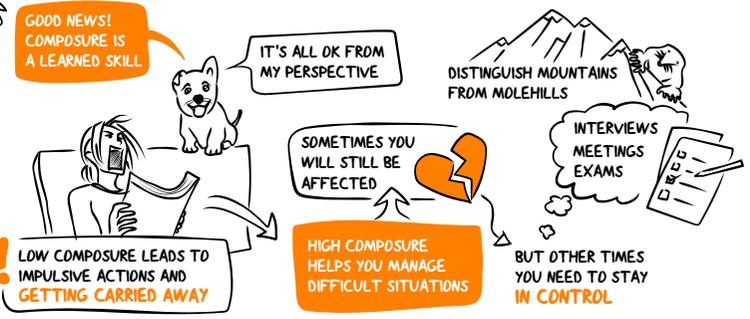
- COMPLEX PROBLEM SOLVING
- CONTROL IMPULSIVE BRAIN
- NEEDS TOOLS AND TRAINING



IMPULSIVE BRAIN

HPA AXIS

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



INTERPRETATION BIAS



COMPOSURE



REAPPRAISAL



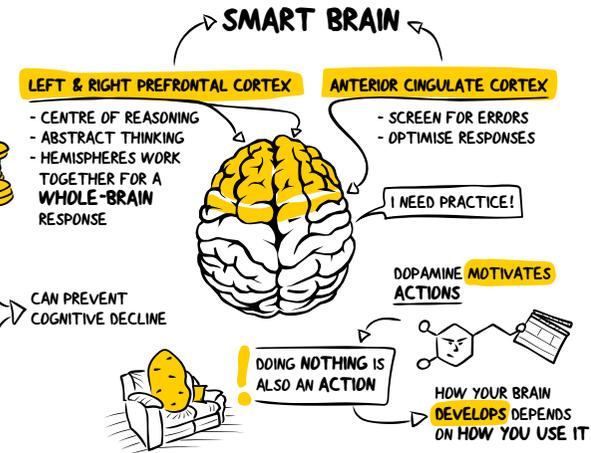
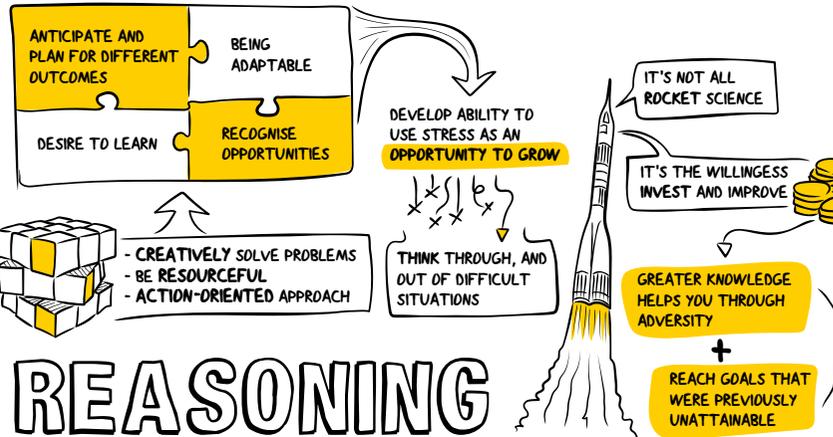
EACH TECHNIQUE IS A TOOL THAT BUILDS COMPOSURE



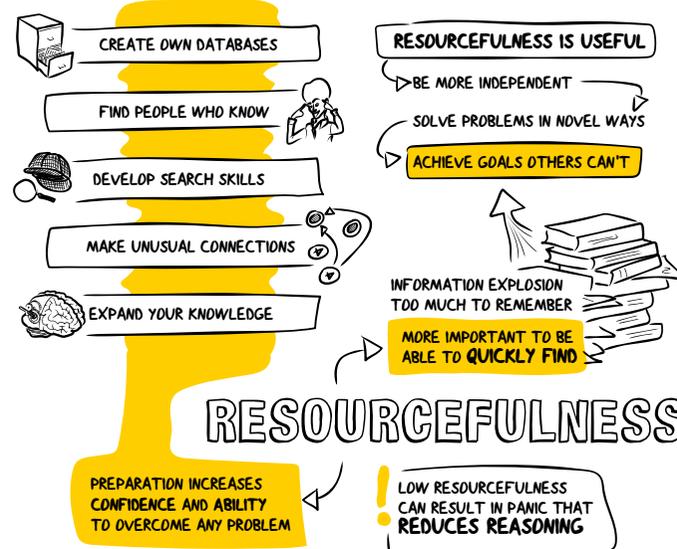
Reasoning

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

ANTICIPATE + PREVENT



REASONING



THINKING THROUGH STRESS



THINKING STYLE

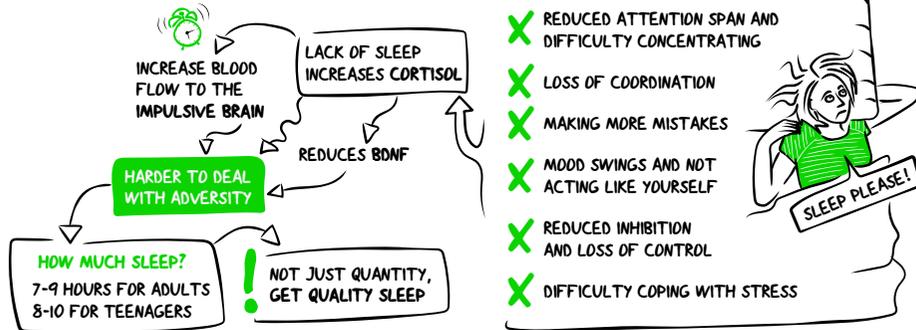


Health

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

HOW MUCH EXERCISE?

4 TIMES A WEEK
20 MINUTES EACH

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



! HABITS HAVE A PHYSICAL EFFECT ON RESILIENCE AND WELLBEING

ANTERIOR CINGULATE CORTEX
- BECOME MORE ADAPTABLE
- SCREEN FOR ERRORS

SMART BRAIN

PREFRONTAL CORTEX

- CALM DOWN IMPULSIVE BRAIN THROUGH CONSTRUCTIVE EMOTIONS
- PROTECT HEALTH
- SPEED UP RECOVERY
- LIVE LONGER

KEEP A LID ON IT!

STRESS HORMONES
- ADRENALINE
- CORTISOL

IMPULSIVE BRAIN

AMYGDALA
- FEAR RESPONSE
- SHORT-TERM THINKING

ADAPT FASTER TO CHANGING CIRCUMSTANCES

- INCREASE BDNF
1. EXERCISE
 2. SLEEP
 3. NUTRITION

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



MAKES IT HARD TO DEAL WITH STRESS AND CHALLENGES

ENERGY QUICKLY RISES AND CRASHES

BUT THE BRAIN WANTS MORE!

DOPAMINE RELEASES, MOTIVATES YOU TO EAT MORE

SUGARY FOODS RELEASE SEROTONIN

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



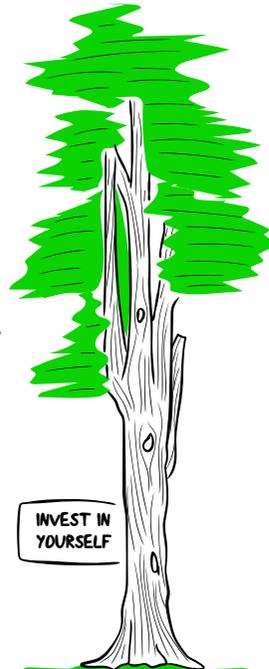
UNPROCESSED FOODS ARE BEST



SO YOU KNOW WHAT IS REALLY IN IT

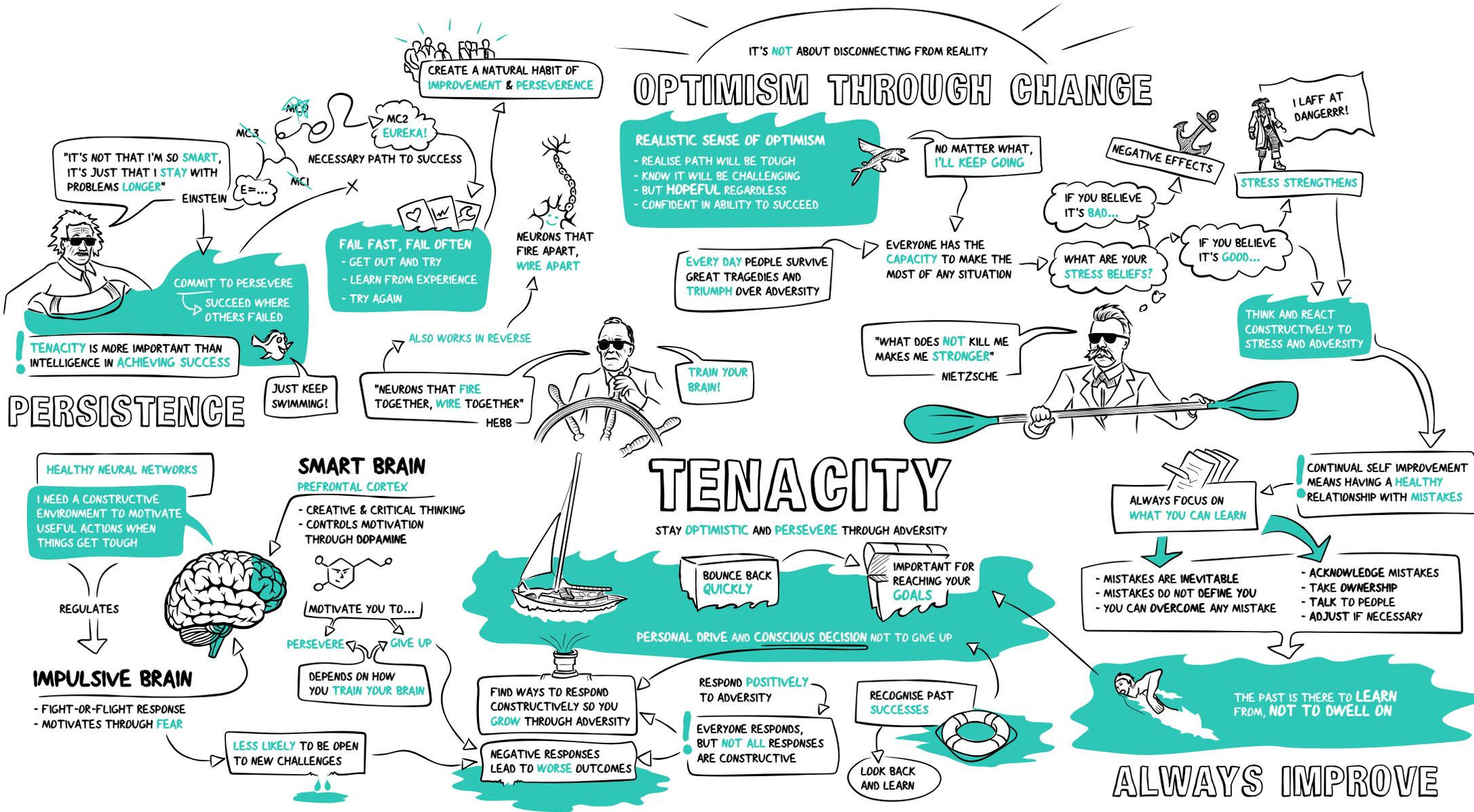
PREPARE OWN MEALS

INVEST IN YOURSELF



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

