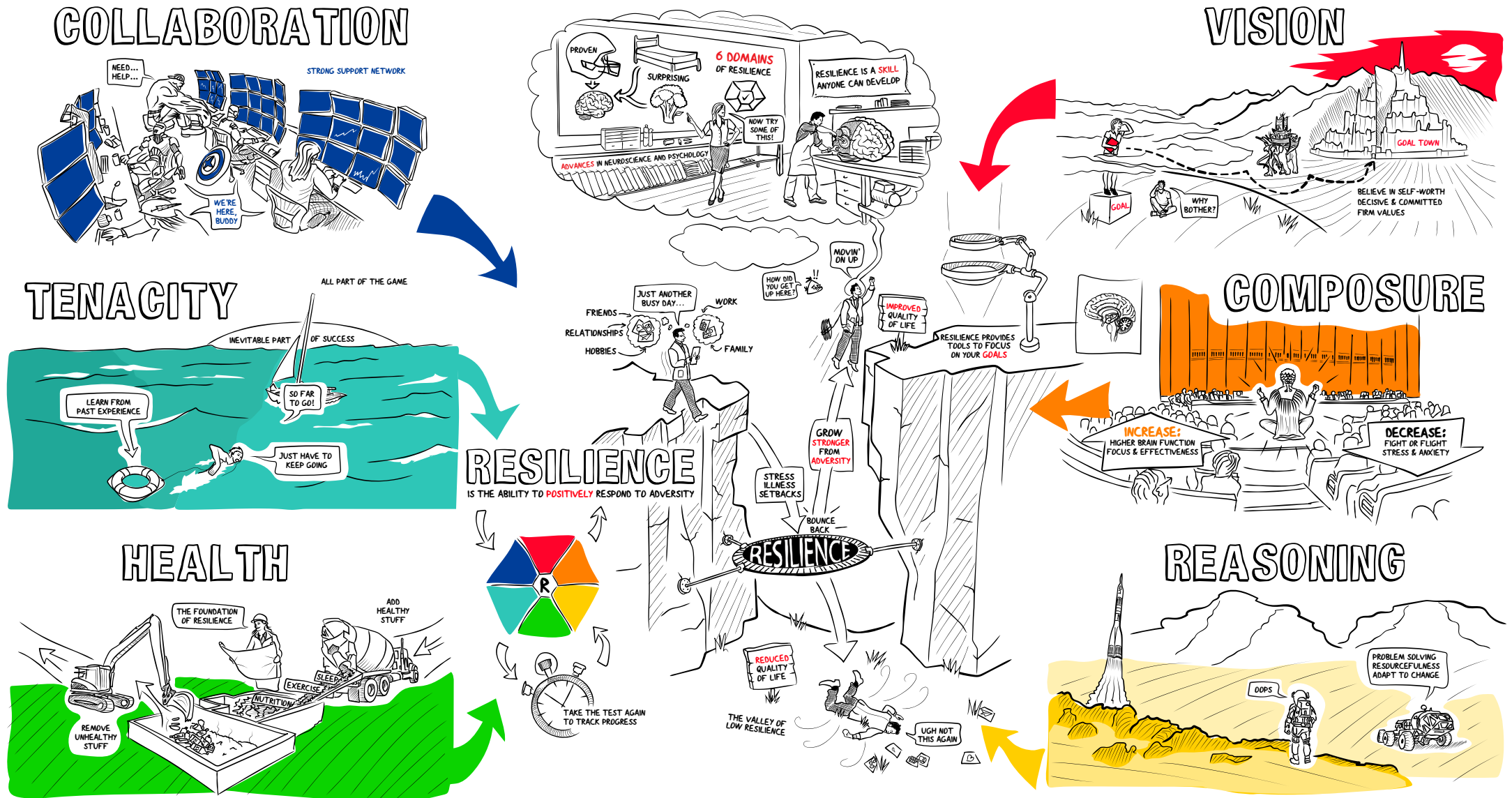


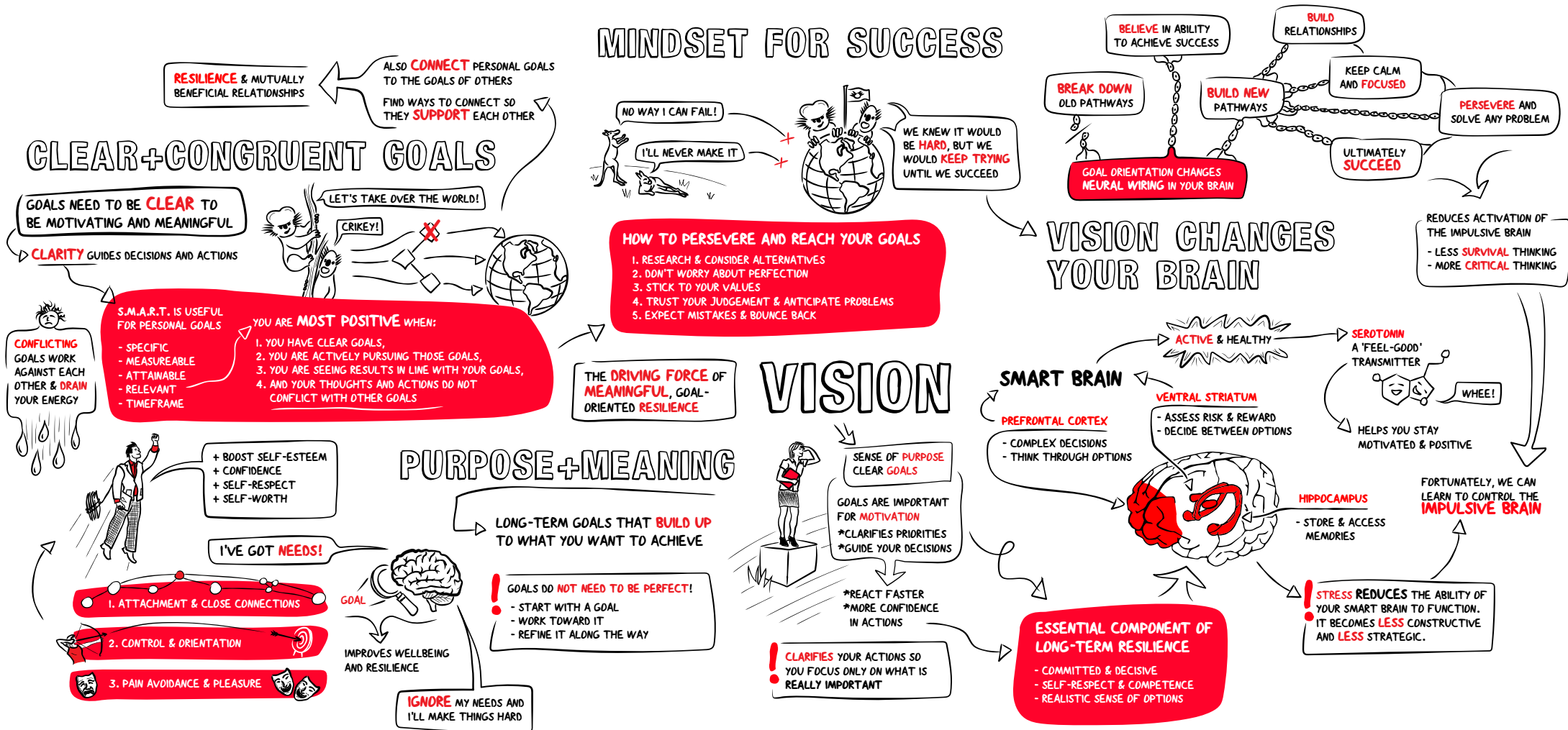
6 Domains of Resilience

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



Vision

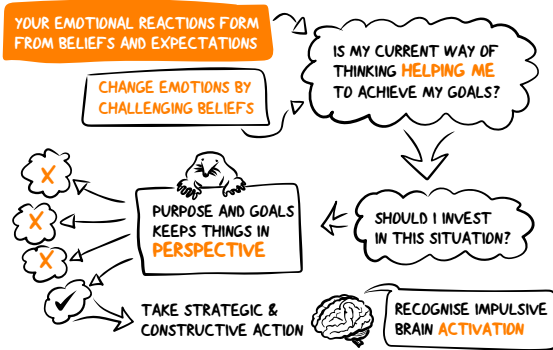
Based on the neurobiological foundations of the Predictive 6 Factor Resilience Scale



Composure

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

GAINING PERSPECTIVE



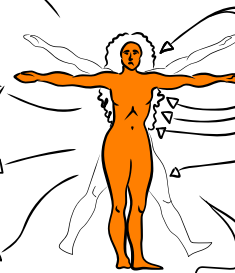
1. **LABEL EMOTIONS**
IDENTIFY ACCURATELY
DISTANCES & CALMS

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



DIFFICULTY SPEAKING
DRYNESS IN THE MOUTH
SHAKING HANDS
SWEATING
INCREASED HEART RATE
FLUSHED SKIN
TENSE MUSCLES

HOW DO I CALM DOWN?

CORTISOL
ADRENALINE
STRESS
HORMONES

SMART BRAIN

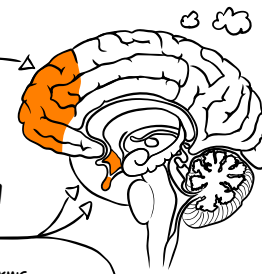
PREFRONTAL CORTEX

- 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



I NEED MY SMART BRAIN WHEN I'M STRESSED OUT!

ADRENAL GLANDS

GOOD NEWS!
COMPOSURE IS
A LEARNED SKILL

IT'S ALL OK FROM
MY PERSPECTIVE

DISTINGUISH MOUNTAINS
FROM MOLEHILLS

INTERVIEWS
MEETINGS
EXAMS

COMPOSURE



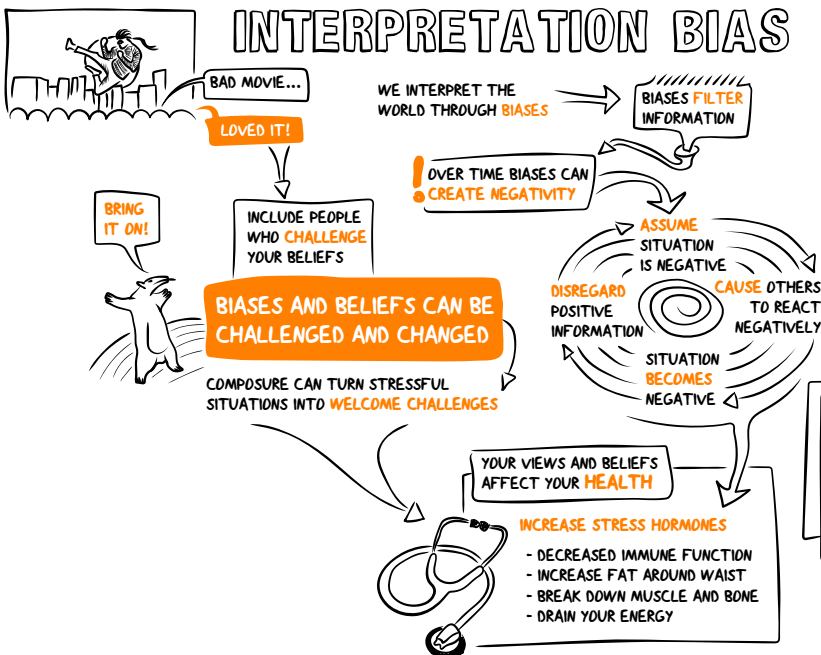
STAY **CALM AND IN CONTROL**
RECOGNISE AND UNDERSTAND EMOTIONS

LOW COMPOSURE LEADS TO
IMPULSIVE ACTIONS AND
GETTING CARRIED AWAY

HIGH COMPOSURE
HELPS YOU MANAGE
DIFFICULT SITUATIONS

BUT OTHER TIMES
YOU NEED TO STAY
IN CONTROL

INTERPRETATION BIAS



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

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

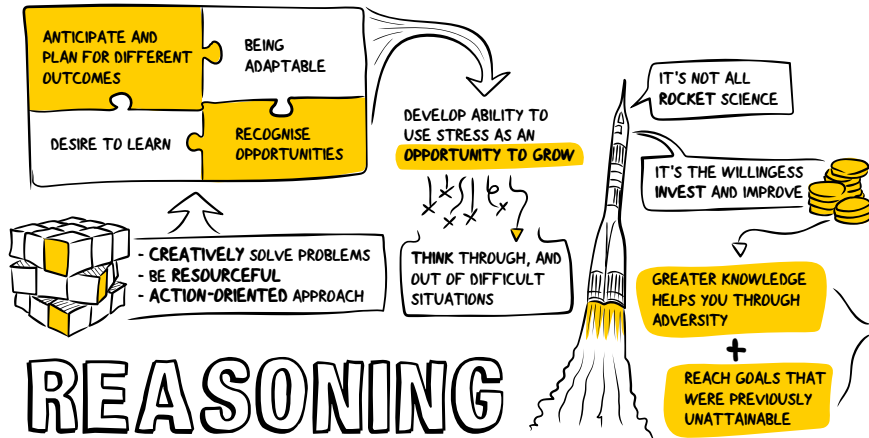


- DEEP BREATHING
- LABEL EMOTIONS
- REAPPRAISAL
- GO FOR A WALK
- SLEEP ON IT
- TEST AGAINST YOUR GOALS

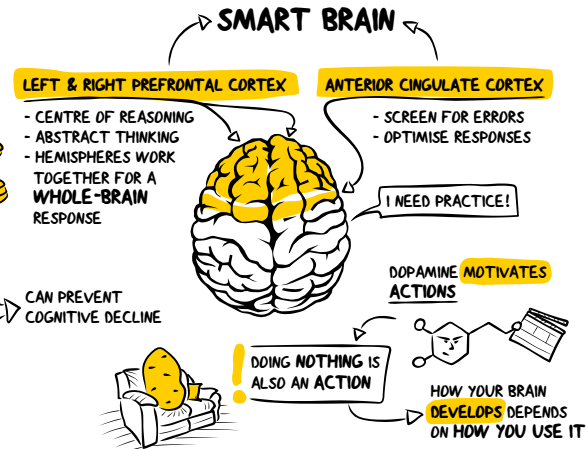
Reasoning

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

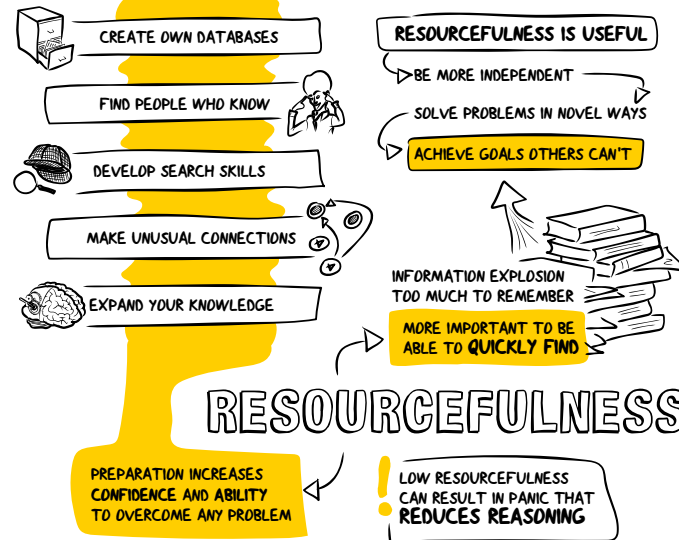
ANTICIPATE + PREVENT



REASONING



THINKING STYLE



RESOURCEFULNESS

THINKING THROUGH STRESS

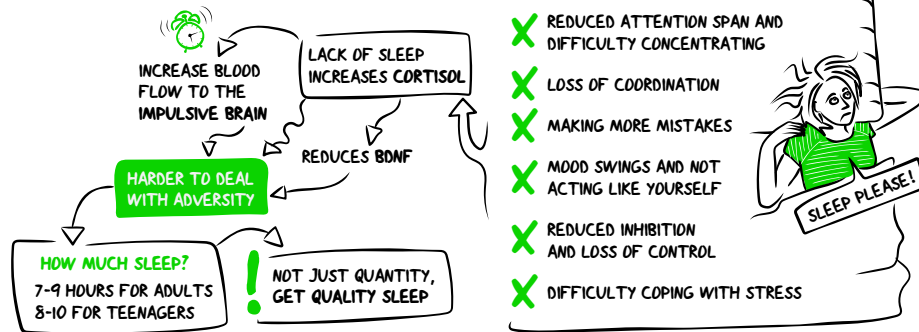


Health

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

HOW MUCH EXERCISE?
4 TIMES A WEEK
20 MINUTES EACH

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

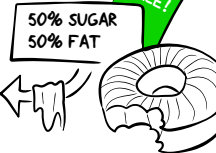
AMYGDALA
- FEAR RESPONSE
- SHORT-TERM THINKING

HIPPOCAMPUS
- BDNF, NEW NEURONS
- ACCESS MEMORIES
- CHANGE HABITS

ADAPT FASTER TO CHANGING CIRCUMSTANCES

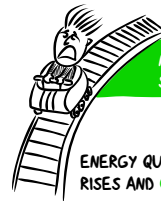
- INCREASE BDNF
- 1. EXERCISE
- 2. SLEEP
- 3. NUTRITION

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

RESILIENCE RESTORES NATURAL EQUILIBRIUM
HEART RATE + BREATHING + IMMUNE SYSTEM

HEALTH

HEALTH AND RESILIENCE AFFECT EACH OTHER

MORE WATER

IMPORTANT BECAUSE OF WHAT IT REPLACES



MORE VEGETABLES

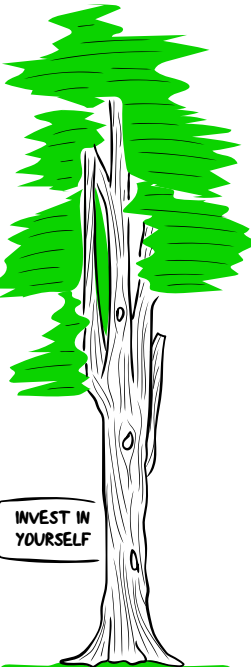
7 SERVINGS PER DAY INCREASES LIFE SPAN



4 SIMPLE GUIDELINES

3. UNPROCESSED FOODS ARE BEST
WHOLE FOODS

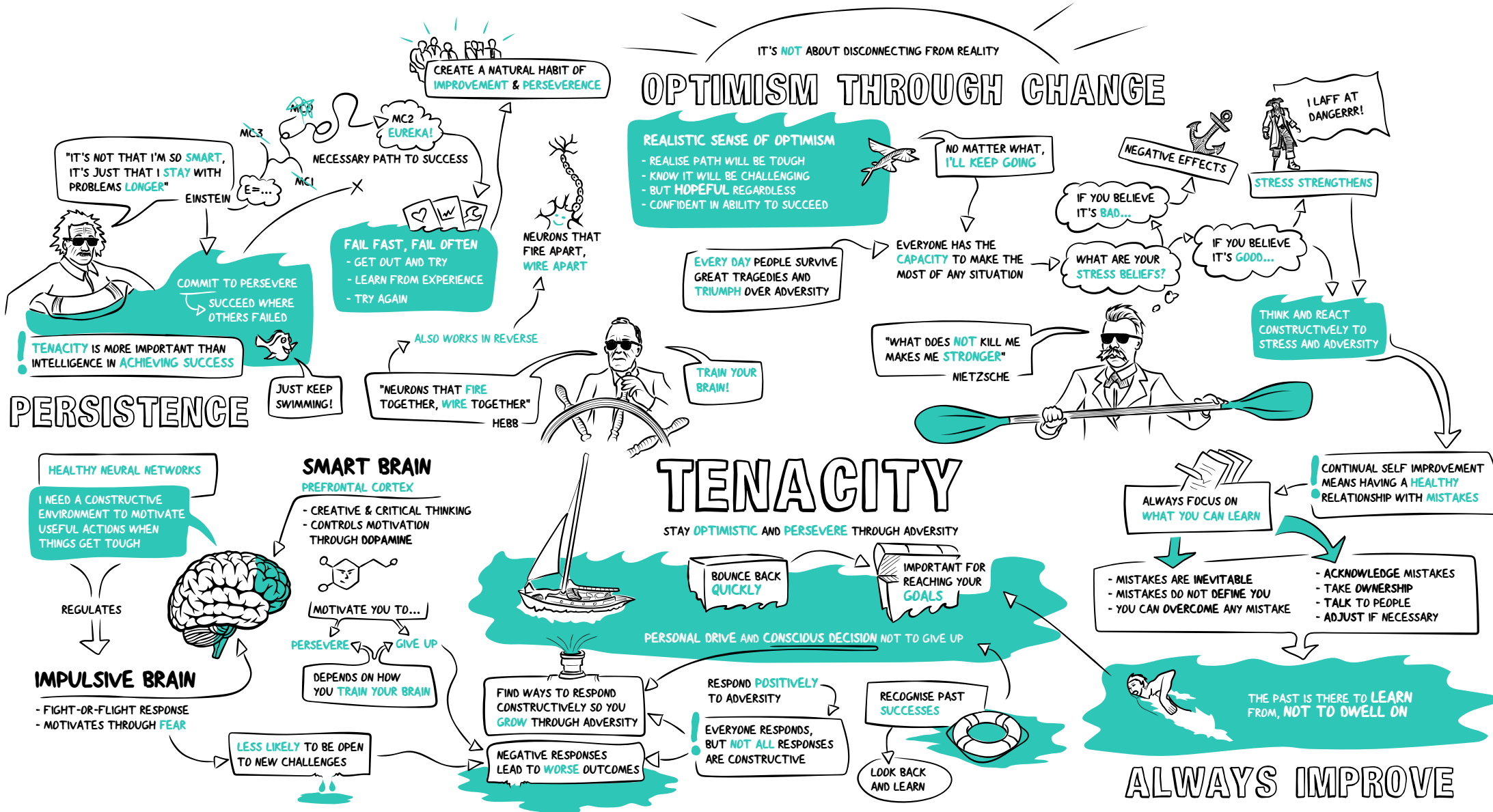
4. SO YOU KNOW WHAT IS REALLY IN IT
PREPARE OWN MEALS



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

