



developing clarity

Adaptive Resilience Series: Module 1

hallo xin chào helo سلام

bonjour χαίρε नमस्ते הלל

ciao 안녕 ahoj olá

hola szia hello! hej

cześć sawubona ਸਤਿਨਾਮੁ Здравейте

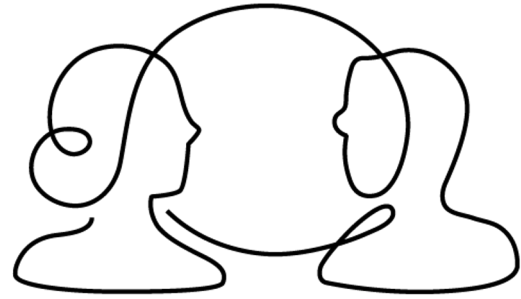
வனக்கம் kia ora مرحبا

こんにちは merhaba zdravo 你好

check in

Two words:

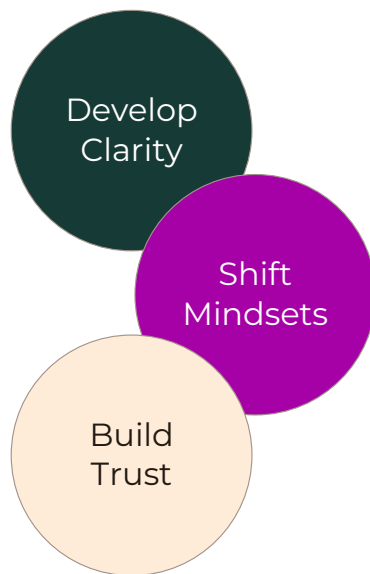
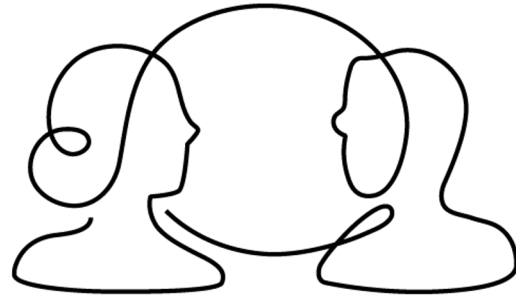
How are you feeling right now?



check in

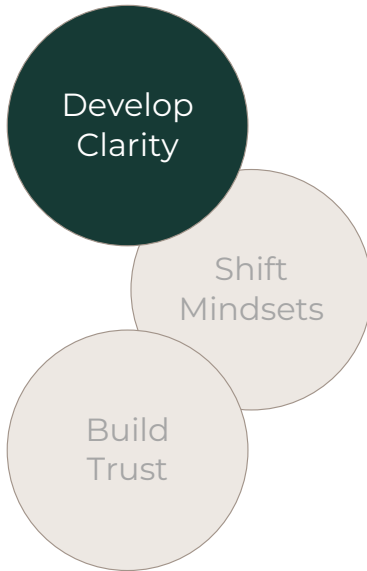
After these few minutes of practice, **two words:**

How are you feeling right now?

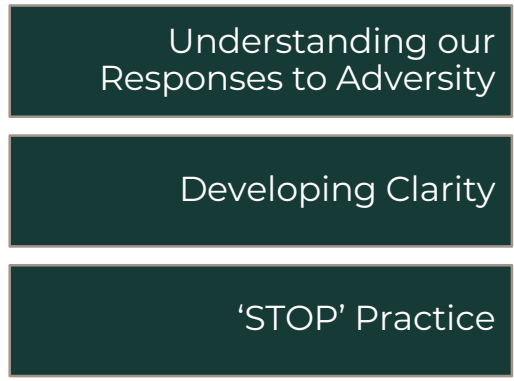


adaptive resilience series





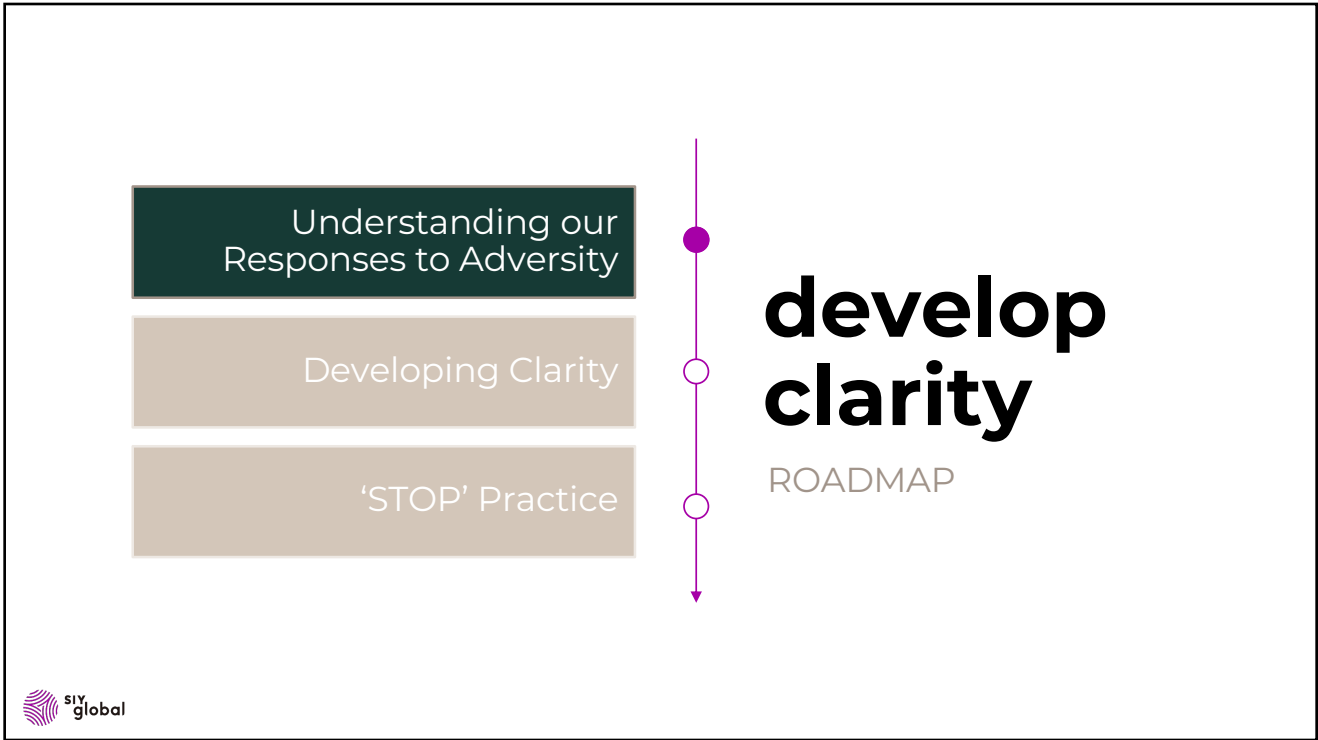
adaptive resilience series



develop clarity

ROADMAP





Stress

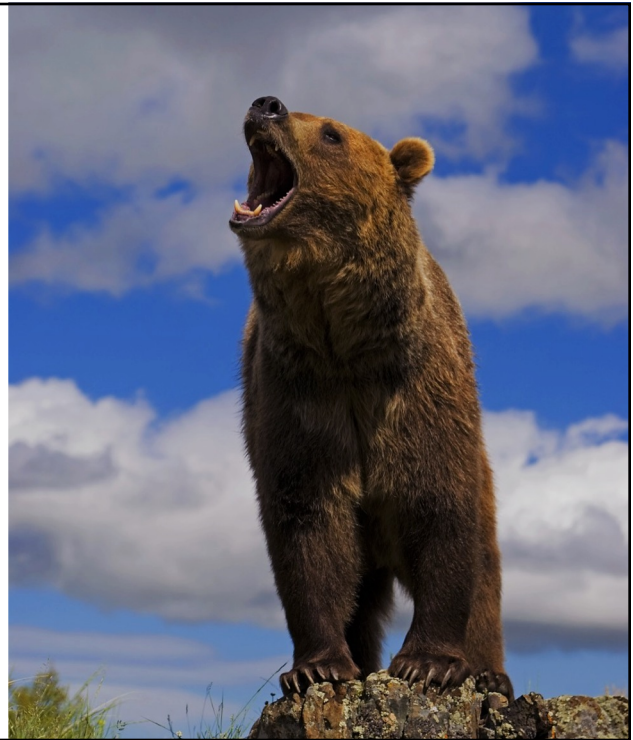
“The body’s immediate reaction to a perceived threat, challenge or scare”

SIY global

Mayo Clinic

evolutionary biology

- Survival benefits to being afraid
- Minimize threat, maximize reward



threat **response** system

physical

tensing,
hyperarousal,
ready to act

cognitive

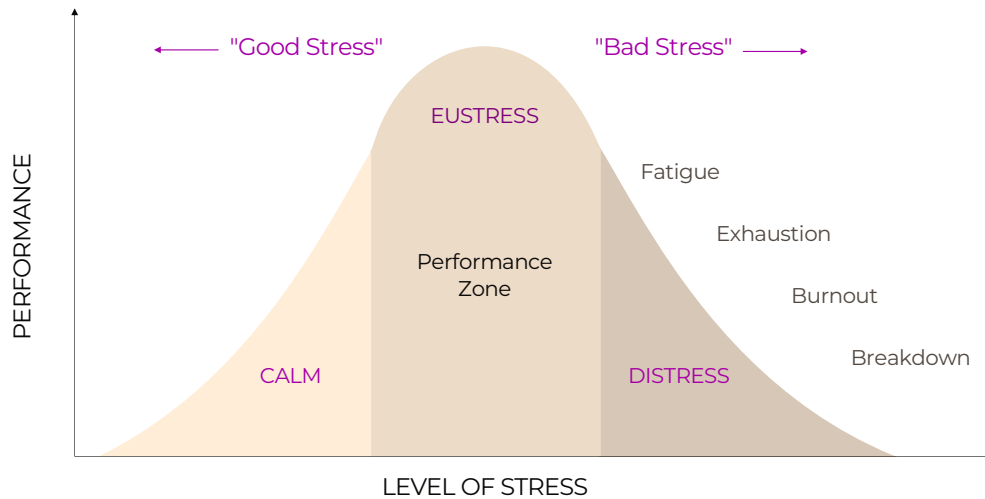
negativity bias

emotional

activation,
hypervigilance

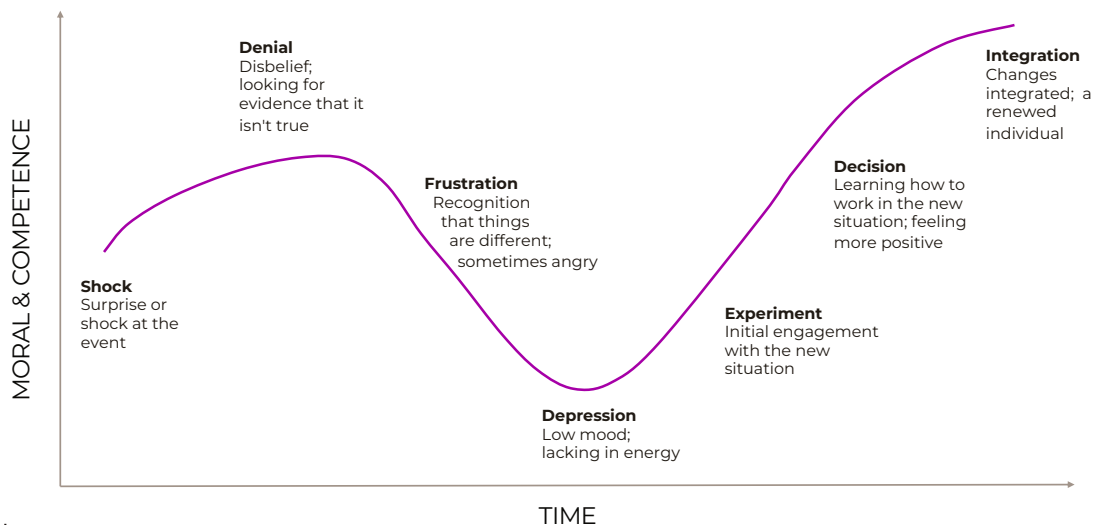


eustress & distress

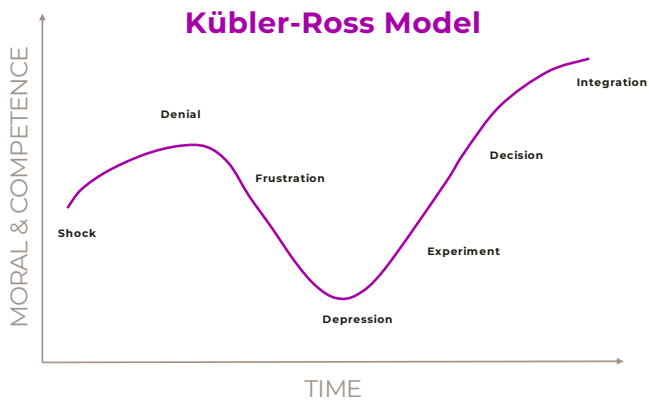


emotional response to change

Kübler-Ross Model



journaling

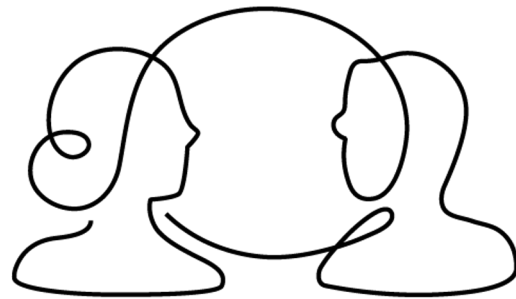


- What are some typical responses you have to uncertainty?
- What emotions are present?



chat share

- What are some typical responses you have to uncertainty?
- What emotions are present?



Resilience

**the ability to bounce back from
challenging situations, effectively adapt
to change and thrive.**



Understanding our
Responses to Adversity

Developing Clarity

'STOP' Practice

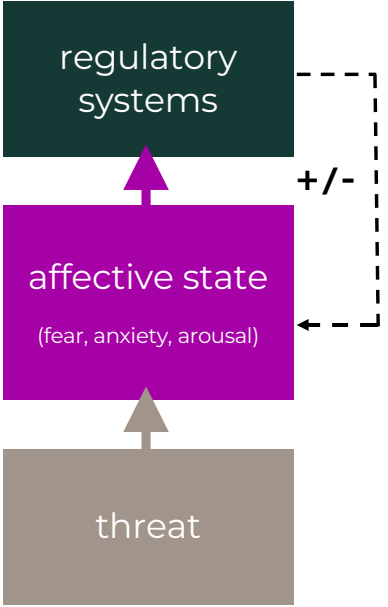
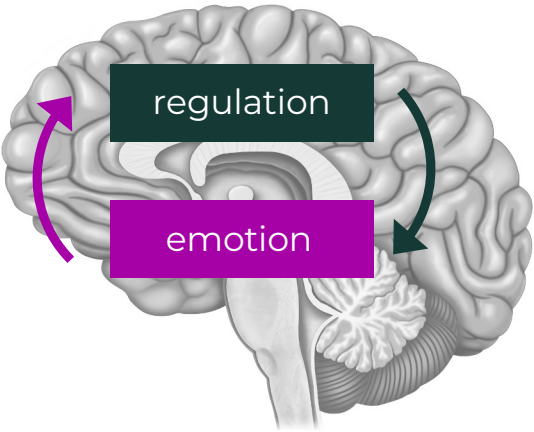


**develop
clarity**

ROADMAP



neural model of emotion regulation



mindfulness

“being aware”



“Mindfulness means paying attention to what’s happening in the present moment in the mind, body and external environment, with an attitude of curiosity and kindness.”



Mindful Nation UK Report



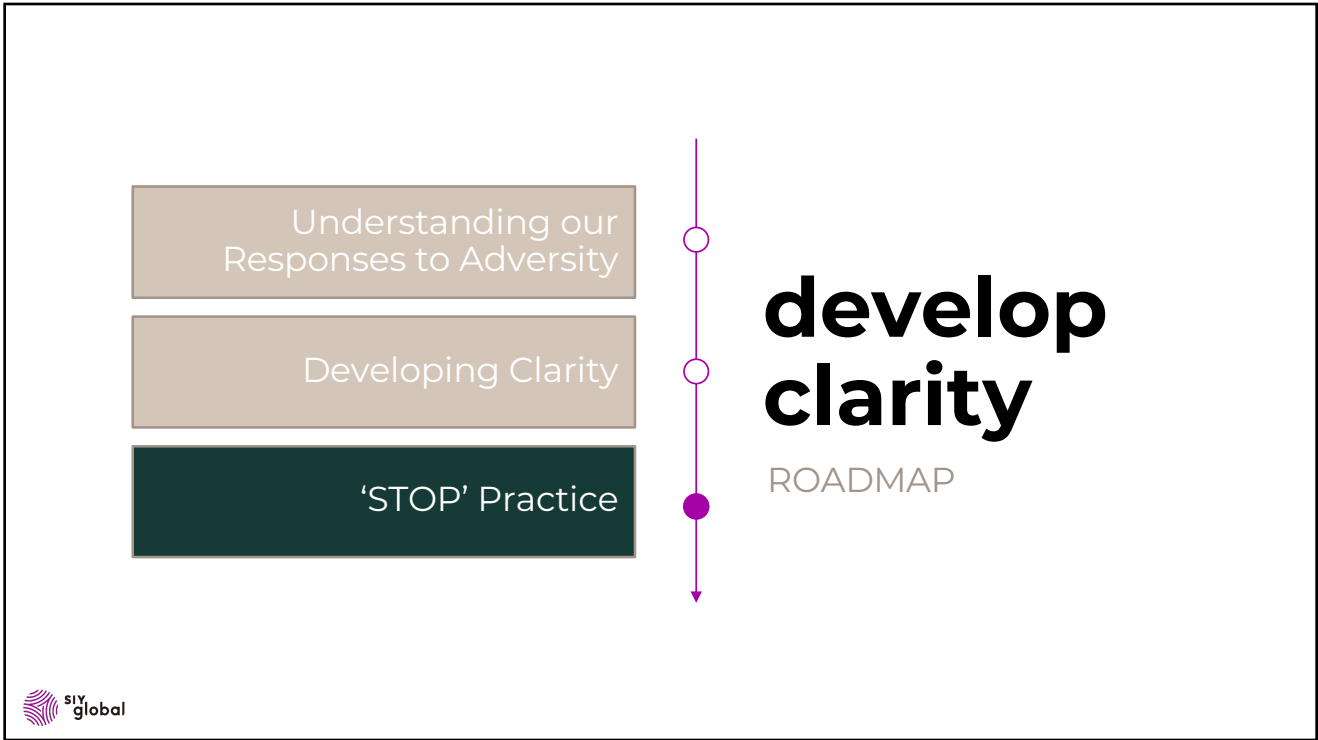
Stop

Take a breath

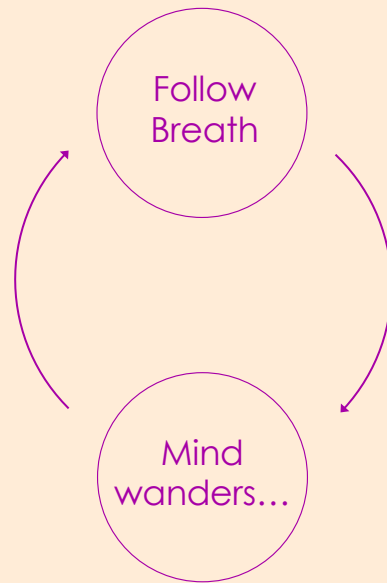
Observe

Proceed





focused attention practice



focused attention



attentive listening

- Person **A** shares. Person **B** will practice Attentive Listening
 - After **3 minutes**, zoom message: Stop, take a breath, and then switch
 - Person **B** shares. Person **A** will practice Attentive Listening
 - After **3 minutes**, zoom message: free flow conversation
- What did you notice in the last exercise?
 - Did anything shift?



sharing

what did you notice?

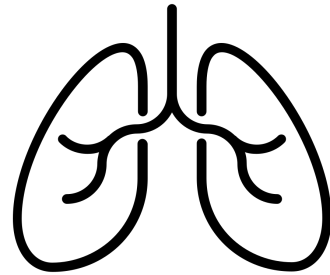




micropractice



THREE BELLY BREATHS



Stop

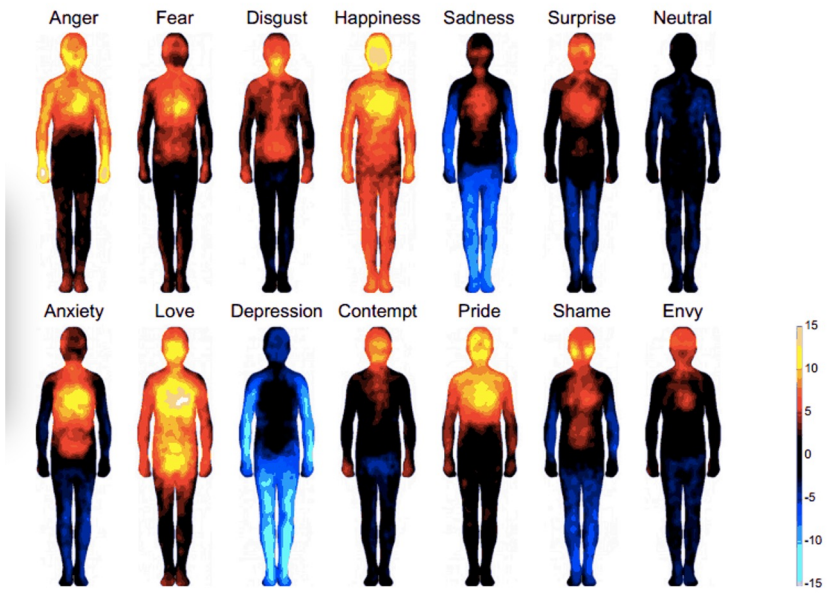
Take a breath

Observe

Proceed



emotions in the body



Nummenmaa, et al., 2013



micropractice



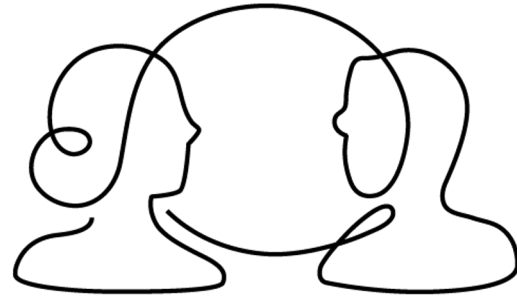
THREE CENTER CHECK-IN



Adapted from Pam Weiss

chat share

- What is one thing you noticed?



micropractice



THREE CENTER CHECK-IN



- **1st Breath:**
Notice your Body



- **2nd Breath:**
Notice your Feelings



- **3rd Breath:**
Notice your Thoughts

Adapted from Pam Weiss



Stop

Take a breath

Observe

Proceed



stimulus ————— response

↑
pause

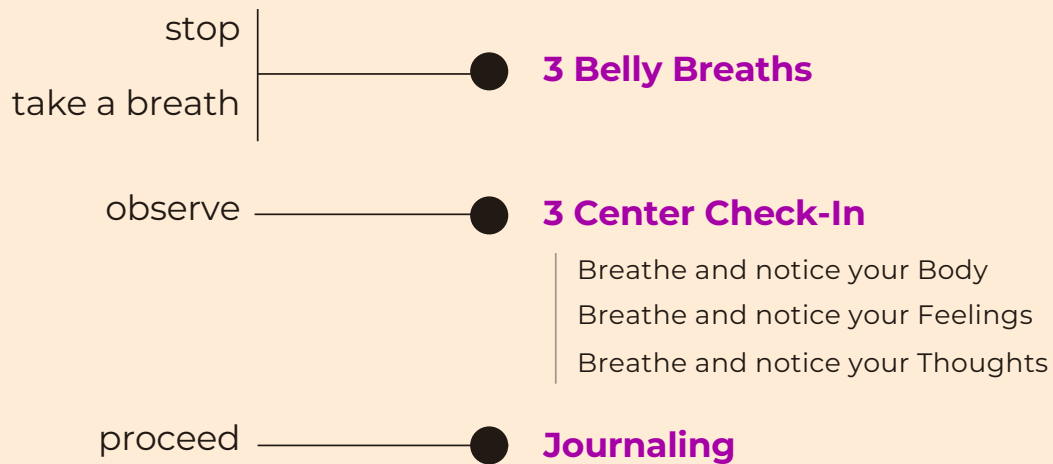


proceeding skillfully

- Think of a difficult situation you are experiencing in your life.
- On a scale from 1 to 10, choose a 5.



proceeding skillfully





What I truly care about in this situation is...



One way I can proceed is...





developing clarity recap

STOP as a guided meditation or as a Micropractice to develop inner calm and choose wisely how to proceed

stop		●	3 Belly Breaths		Breathe and notice your Body Breathe and notice your Feelings Breathe and notice your Thoughts
take a breath		●	3 Center Check-In		
observe		●	Journal/Ask		
proceed		●	Journal/Ask		What I truly care about is... One way I can proceed is...

SIY global

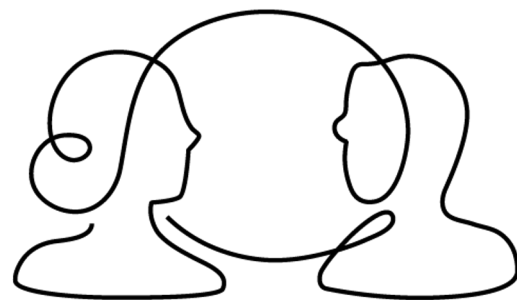
application

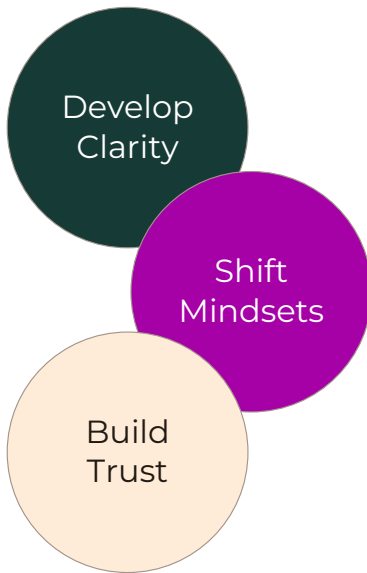
- What have you learned today?
- Where in your life could you apply the **STOP** practice?



chat share

- **One** insight you take away





adaptive resilience series



homework

- Set a reminder & do the STOP micro-practice every 2 hours



