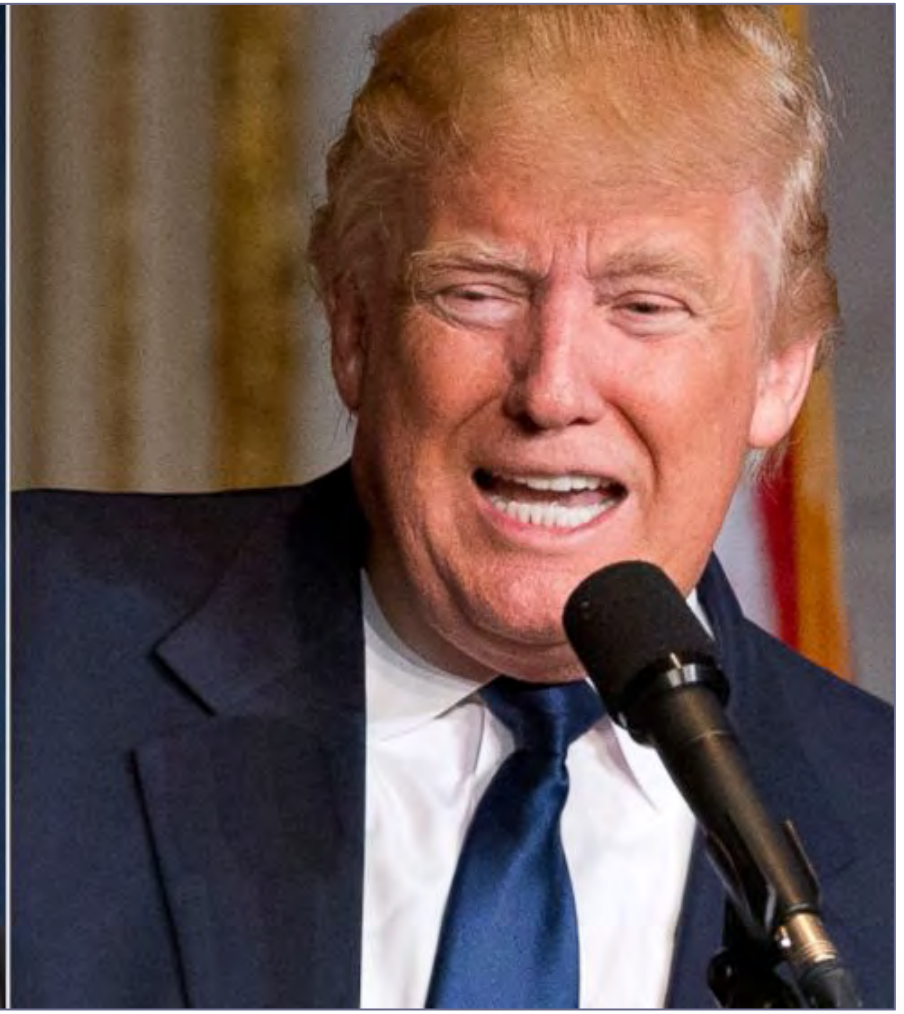
BE BRAVE
BE BOLD
FINANCIAL ADVICE NEW ZEALAND CONFERENCE 2019

Building Resilience – a Practical Approach

Brad Hook
The Resilience Institute

Defining resilience



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Defining resilience

Bounce

Toughness

& recovery skills

Grow

Enthused by change

& challenge

Connect

Respect & care

for others & nature

Flow

Develop talents &

opportunities

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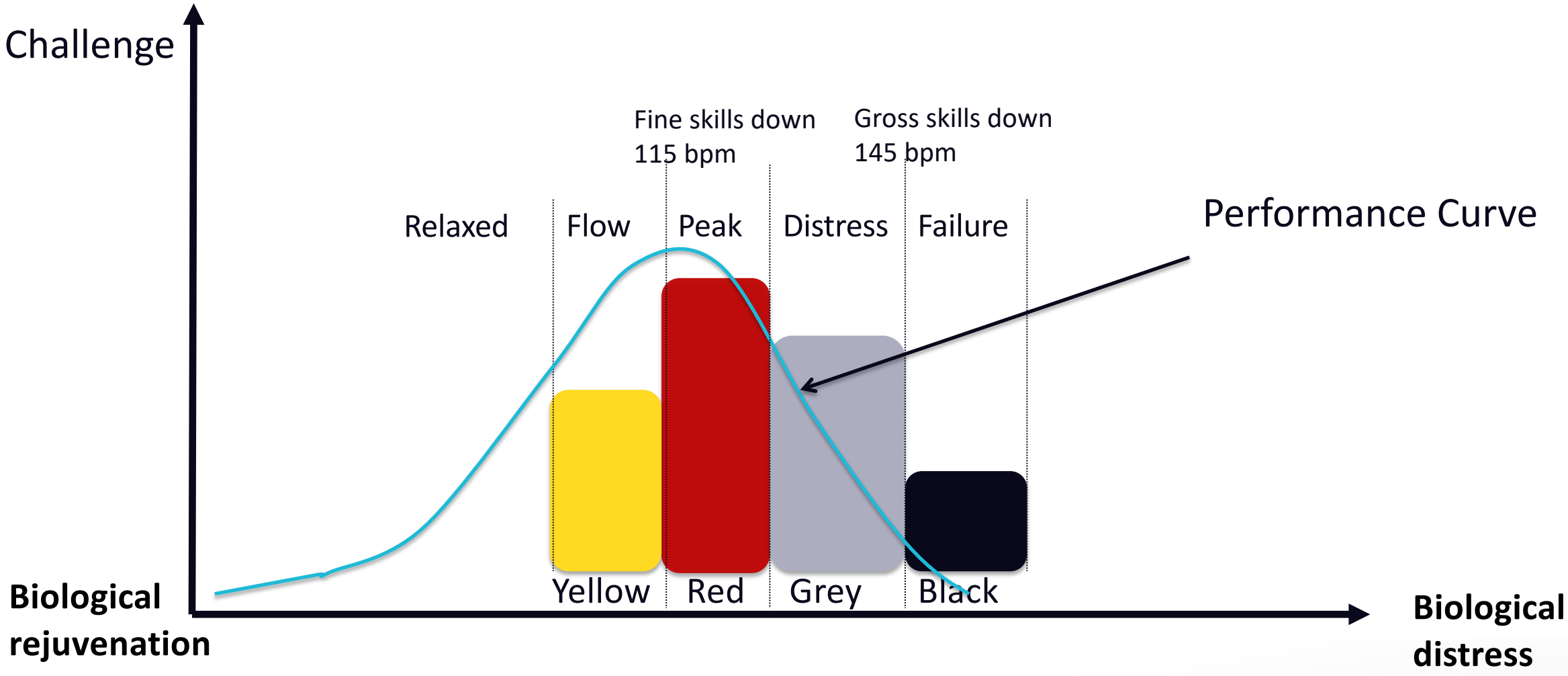
Response to challenge



Lt. Col. David Grossman, On Combat, 2009

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Resilience Diagnostic & Development Framework

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Objectives of resilience

Insight

Mastery

Empathy

Influence

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Busyness…

State of overload, agitation, mindless busyness

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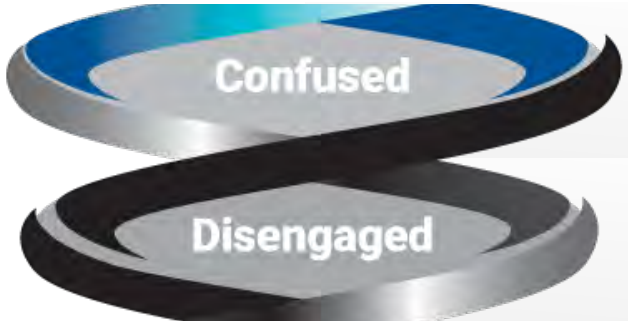
Overwhelms the mind…



State of overload, agitation, mindless busyness

Loss of attention, boredom, worry

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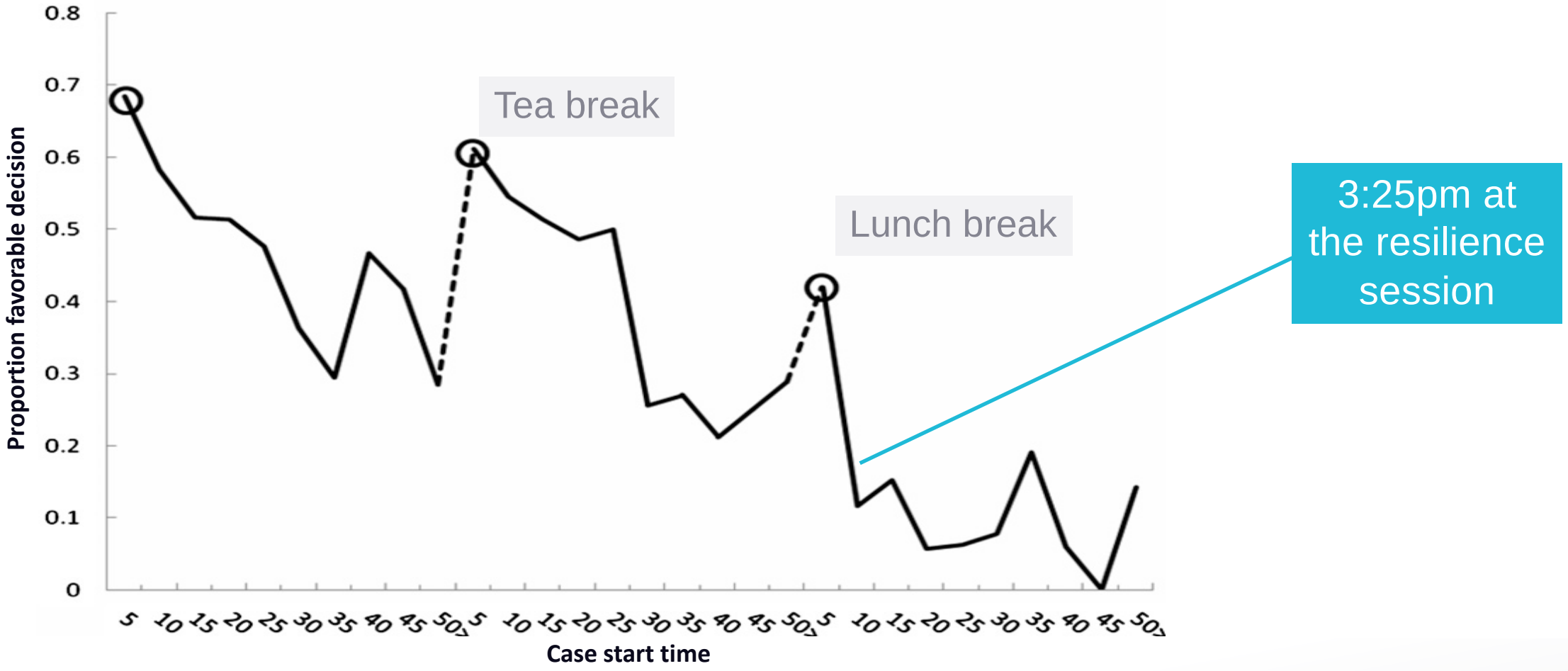
Judges and Parole Granting



From: Shai Danziger, Jonathan Levavb and Liora Avnaim-Pessoa, PNAS, February, 2011

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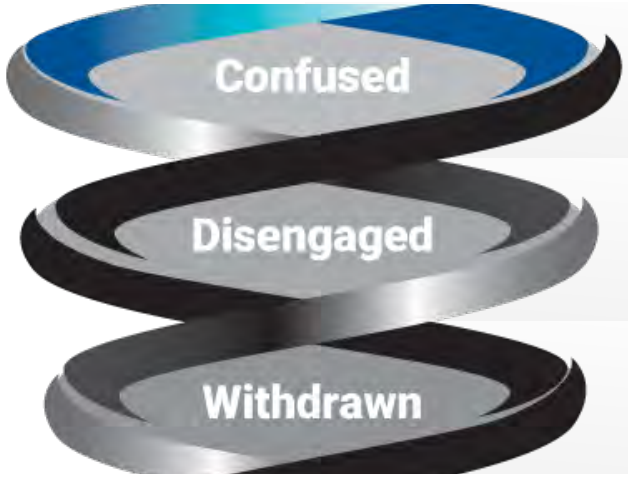
And depletes emotion…



State of overload, agitation, mindless busyness

Loss of attention, boredom, worry

Loss of energy, avoidance, isolated

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Reducing engagement…

State of overload, agitation, mindless busyness

Loss of attention, boredom, worry

Loss of energy, avoidance, isolated

Indifference, self-neglect, fatigue

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Becomes suffering…

State of overload, agitation, mindless busyness

Loss of attention, boredom, worry

Loss of energy, avoidance, isolated

Indifference, self-neglect, fatigue

Stress symptoms, sleep problems, illness

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Disabled, depression, illness...

State of overload, agitation, mindless busyness

Loss of attention, boredom, worry

Loss of energy, avoidance, isolated

Indifference, self-neglect, fatigue

Stress symptoms, sleep problems, illness

Loss of interest, sadness

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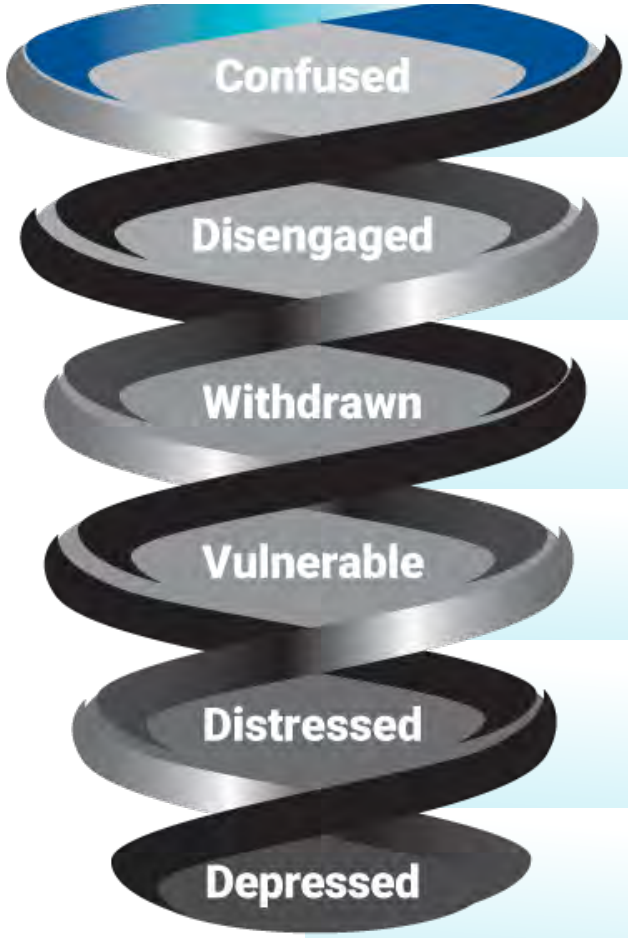
Rapid bounce



Simplify: what is the one key task to attend to

Be disciplined about defining and completing each activity. Remove distractions

Refresh: notice the mind drift and take a break

Stretch, coffee, break, low carb snack, walk about, get in sun or fresh air

Connect: notice withdrawal and seek a safe connection

Talk to someone, call a friend, take time for yourself

Renew: be firm about taking defined renewal steps

Get to sleep early, long weekend with no devices, well-being initiatives, massage

Seek help: define and understand the symptoms

Clear diagnosis, counselling, exercise, yoga, massage, meditation and sleep

Get help: must define and understand your situation

Diagnosis, counselling, positivity, reframing, exercise, sleep, support and medication

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Power up

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Tactical Calm

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Not calm: take a deep breath?

- Diaphragm tense
- Lungs overinflate
- CO2 is “blown off” (alkalosis)
- Heart accelerates – BP up
- Vagus “OFF”, Sympathetic “ON”
- Mind disabled
- Social engagement system “OFF”

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When in doubt – breath out!

- Diaphragm relaxes
- Lungs empty properly
- CO2 increases (calms)
- Heart slows - coherence
- Vagus nerve activates
- Mind calms
- Social engagement system “ON”

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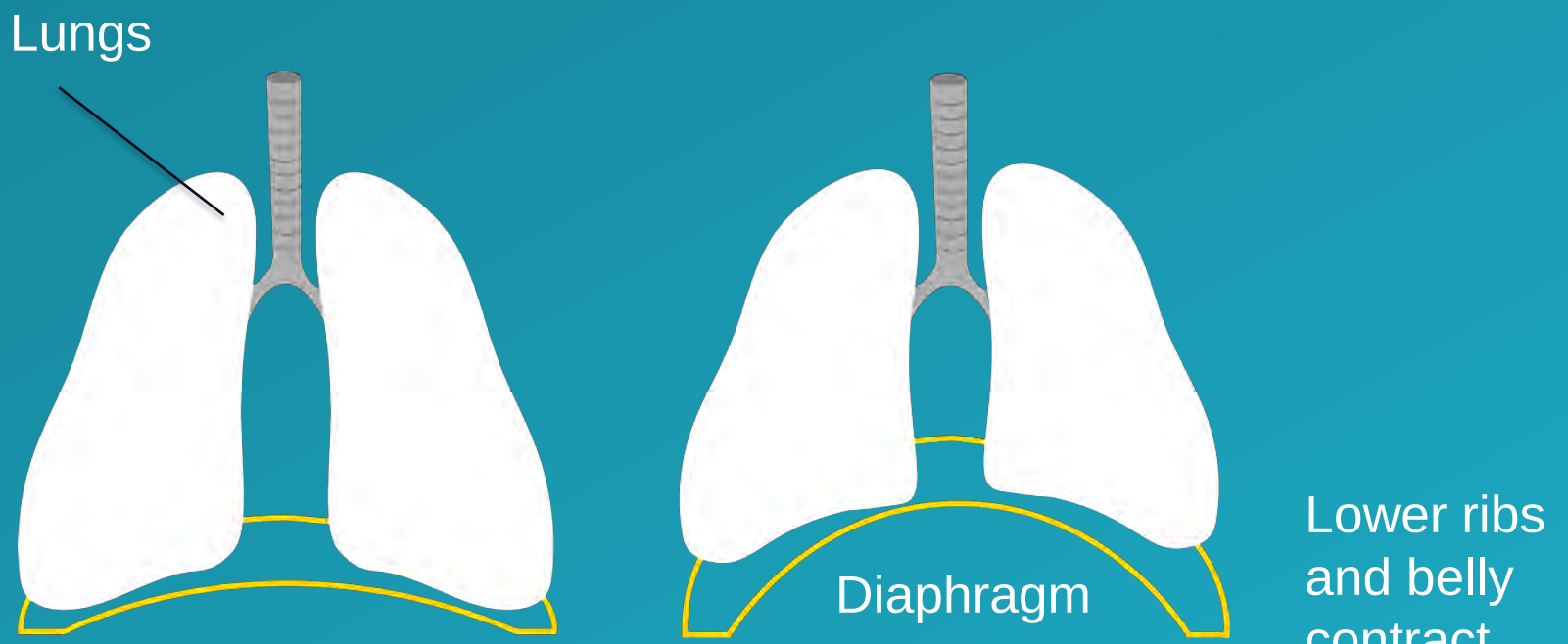
Diaphragmatic breathing



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Calming down to power up

- Relaxing into sleep
- Morning practice of mental preparation
- Periodic breaks
- Smart switching between home and work
- Refresh in tense meetings
- Bringing calm presence to your leadership
- Finding the space to be attentive and caring
- Being effective in resolving conflict

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Energise

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Blue zones

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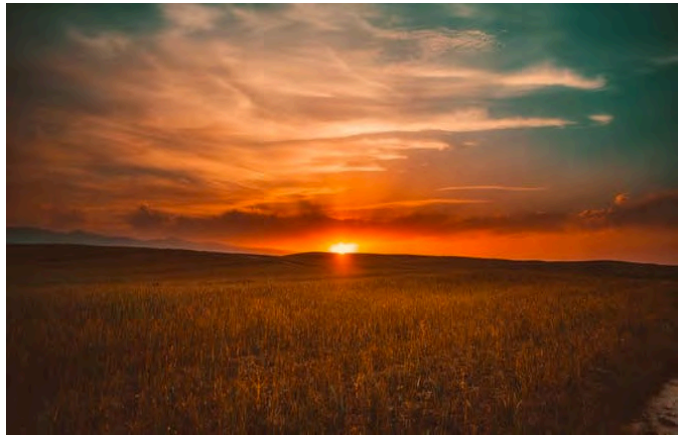
3 Steps to mastering sleep

1. Length

How much sleep do I need to secure?

2. Timing

When should I fall asleep and wake up?



3. Quality

How do I secure quality sleep?

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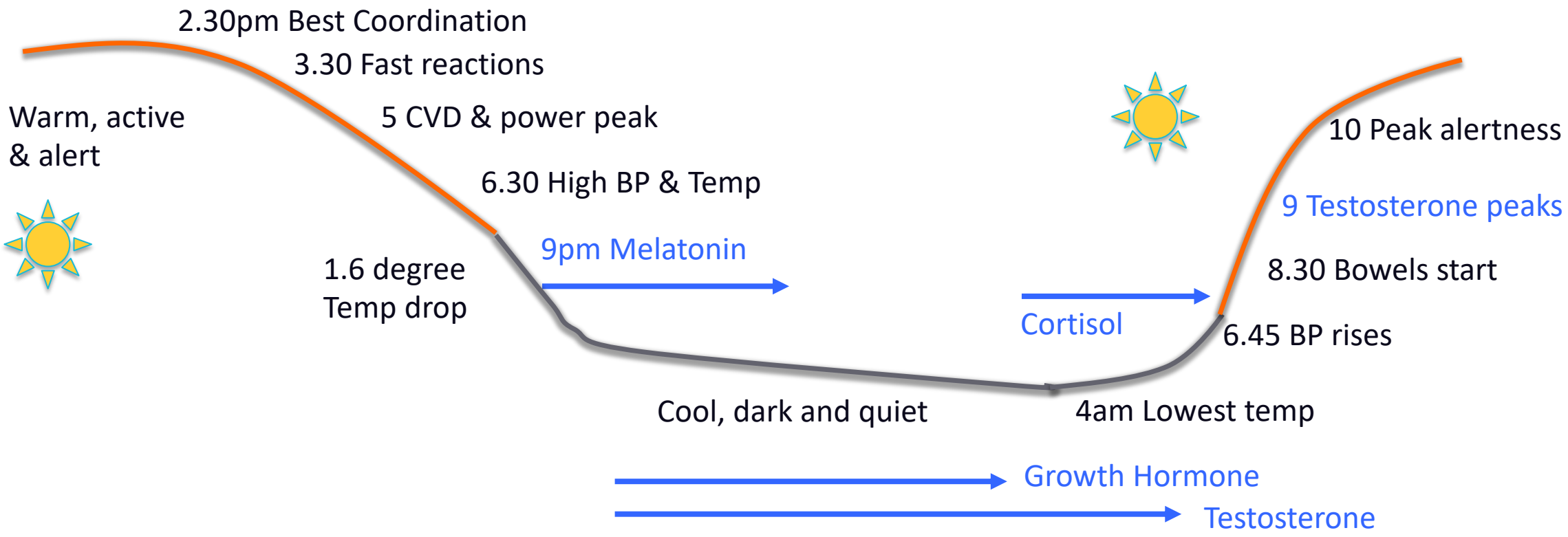
Clock and timing (C)



Apapted from: Environ Health Perspect, National Institute of Environmental Health, 2010

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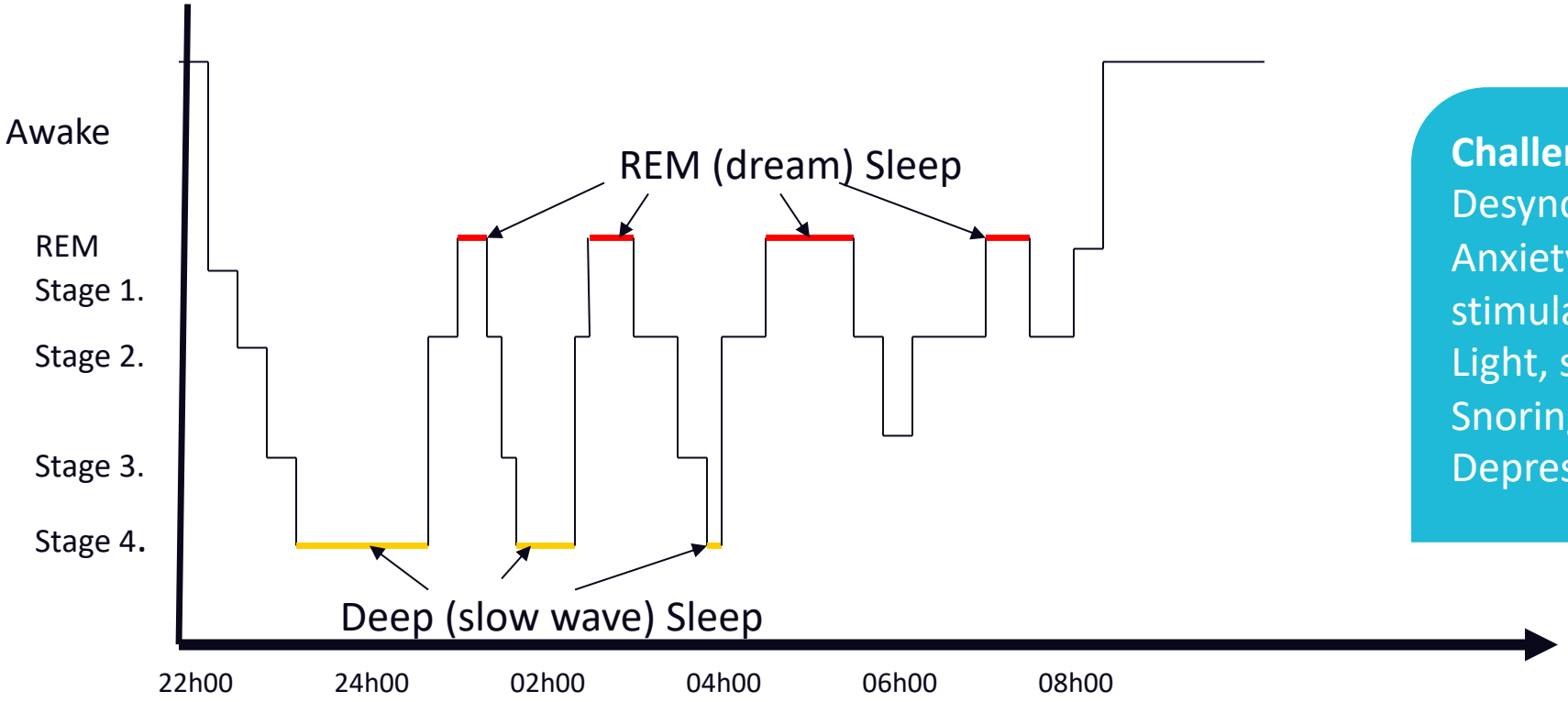
Sleep Quality (U)



Challenges:
Desynchronised, blue light
Anxiety, hypervigilance, stimulation
Light, sound, too warm
Snoring, asthma
Depression

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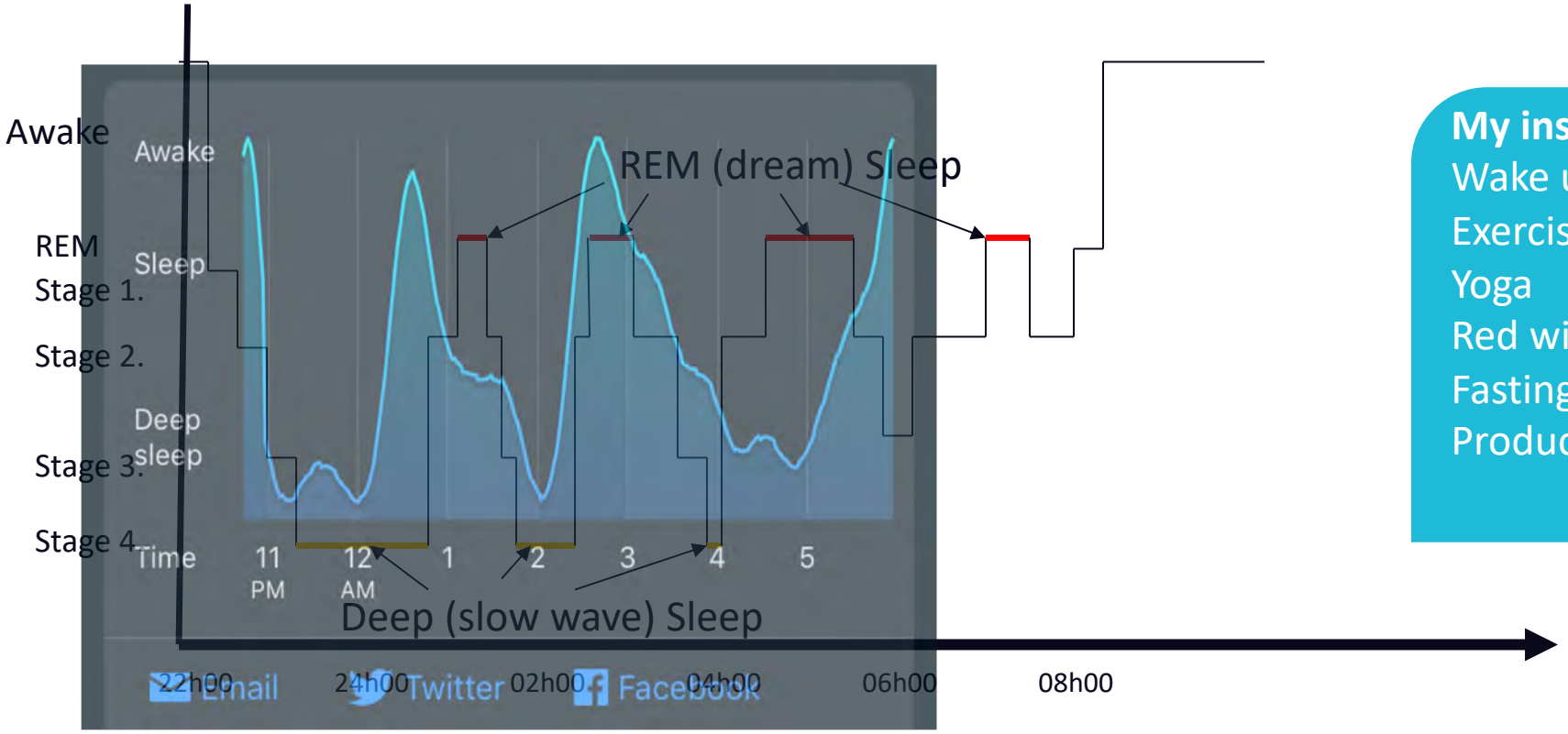
Sleep Quality (U)



My insights:

Wake up at dawn

Exercise (running, gym)

Yoga

Red wine

Fasting

Productive

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Key sleep practices

7-8

hours

Discover your circadian rhythm

Repay sleep debt by going to bed early

Commit to regular wake up dawn blue light

Powernap – 15 minutes after lunch?

Sleep tips

- Small, early dinner, no caffeine after 2pm, limit alcohol and protein
- Cool down phase before sleep, relax into sleep
- Cool, dark and quiet bedroom with no technology
- Exercise early in day – including strength/speed

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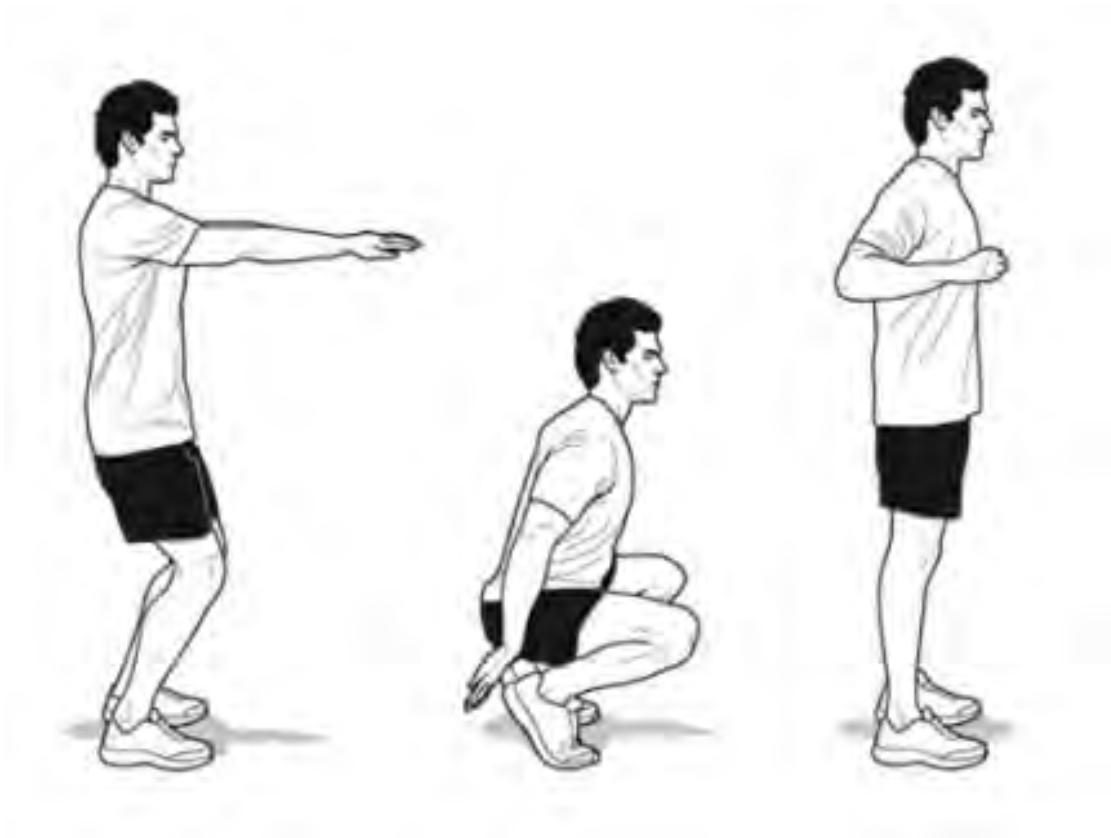
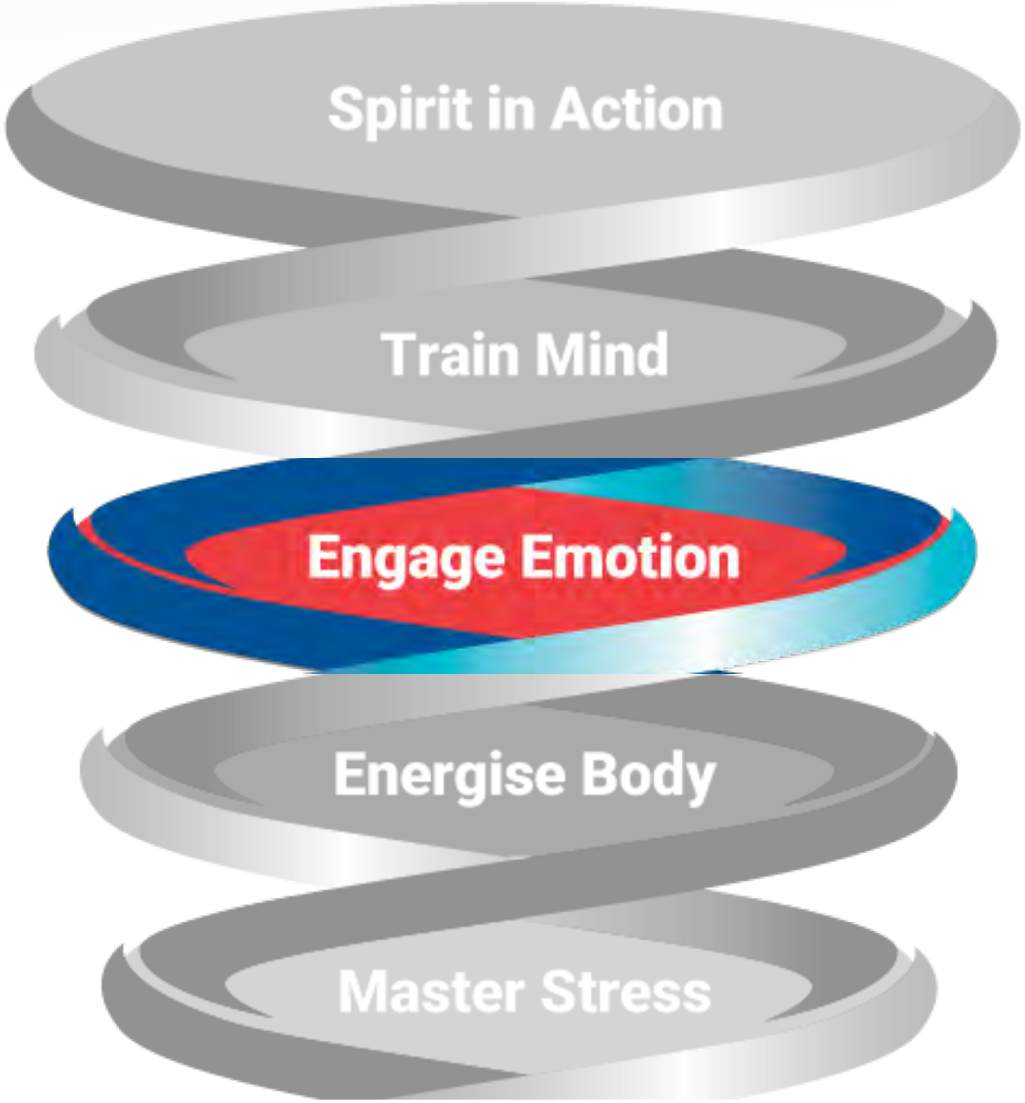


Engage emotion



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Emotion

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Amygdala hijack

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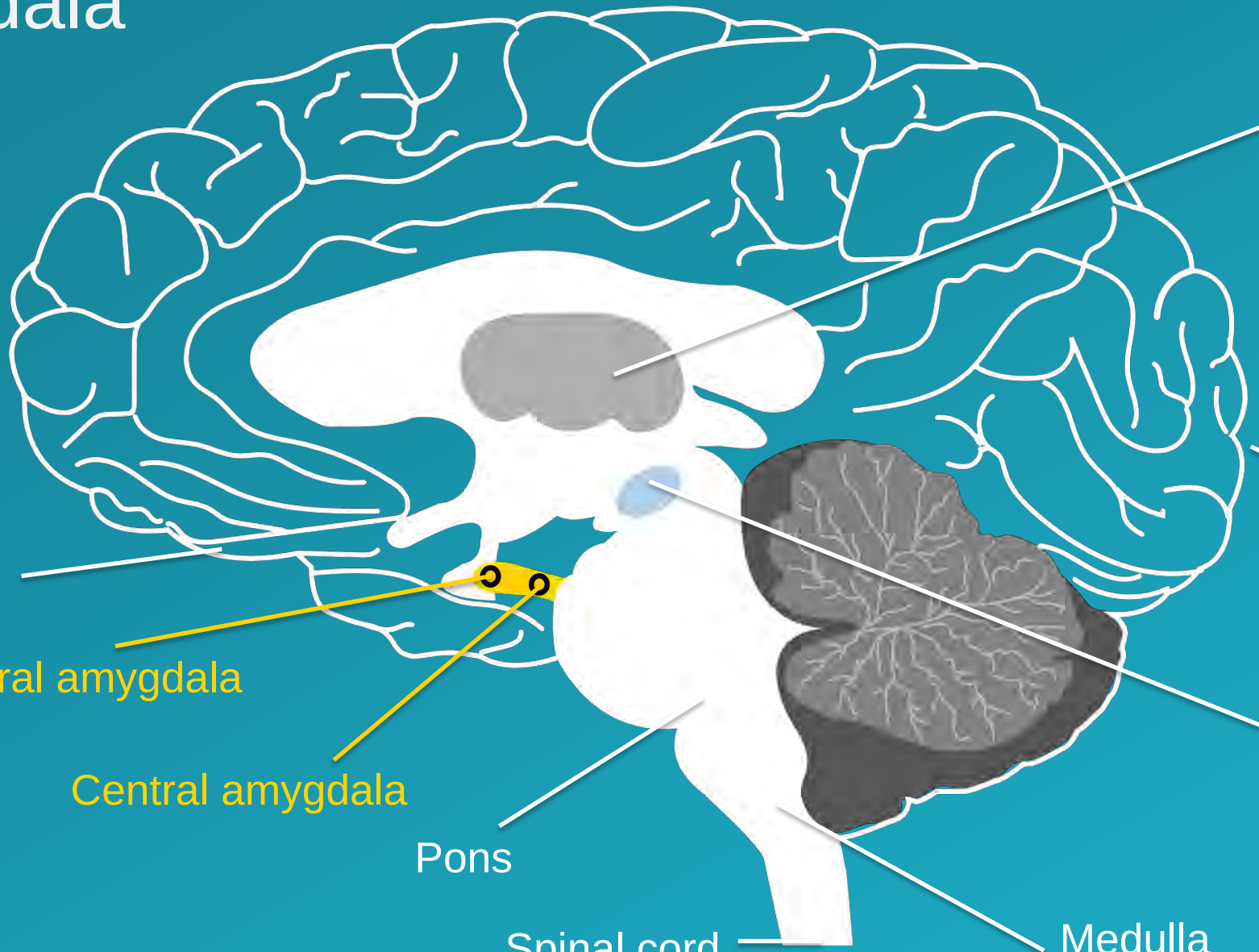
Amygdala



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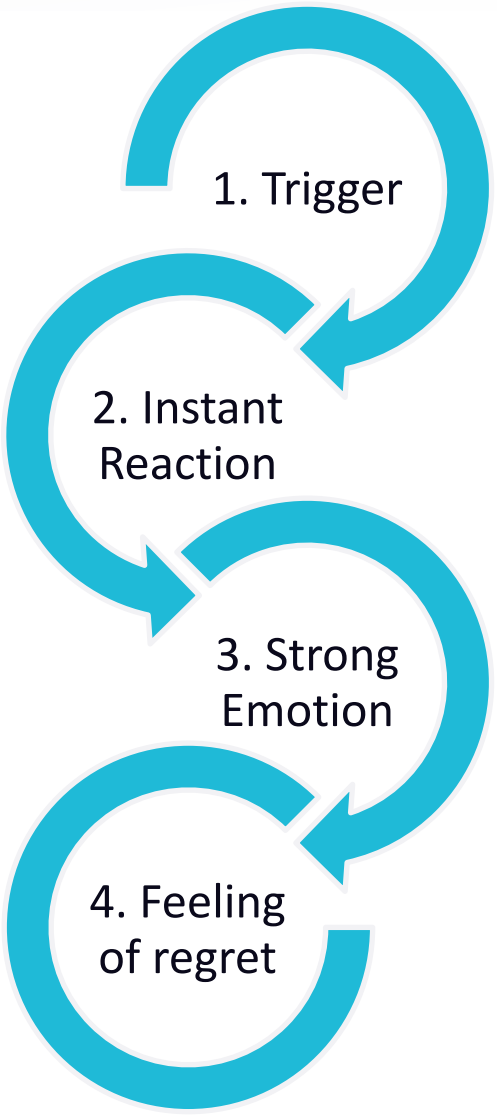
Amygdala hijack



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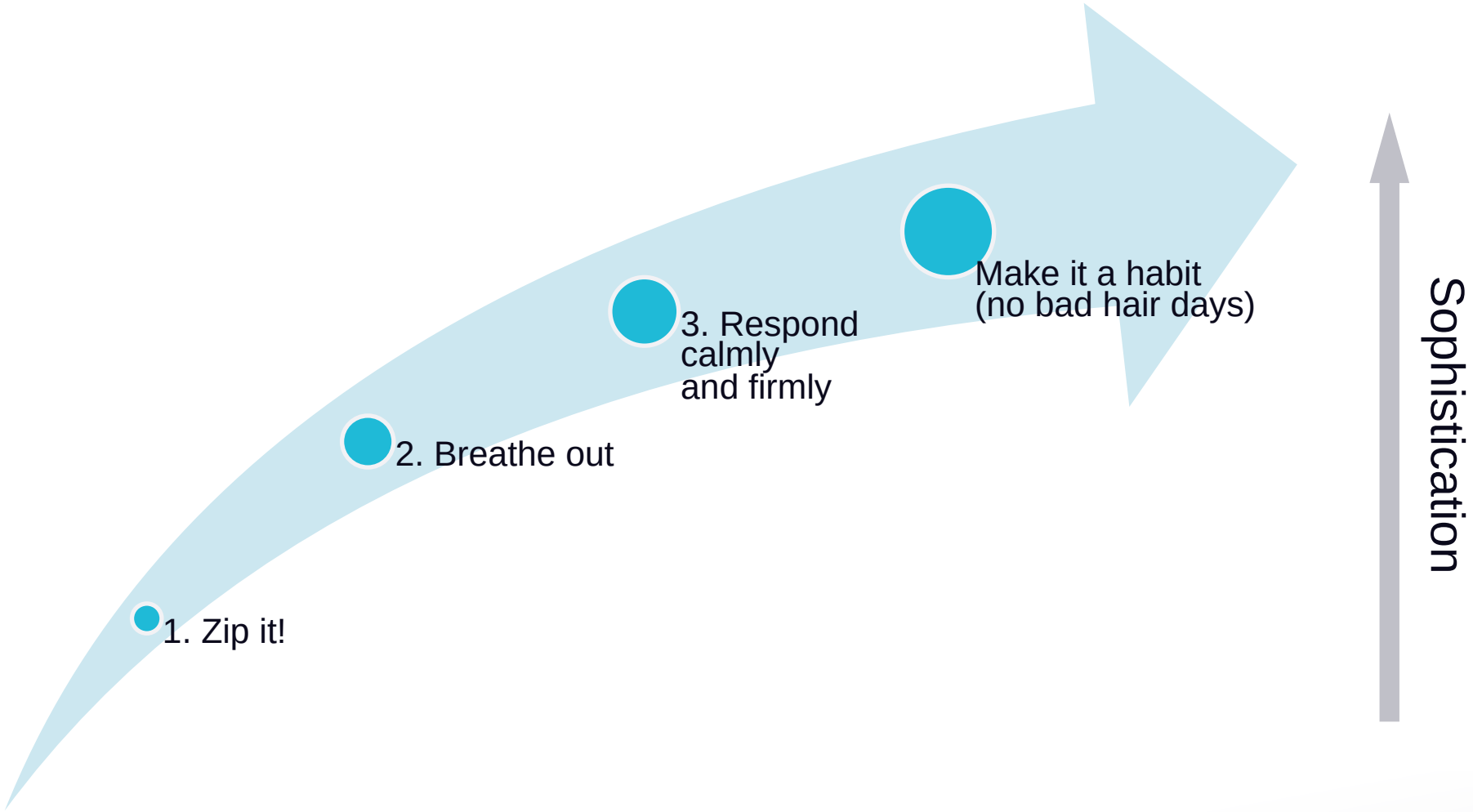
Impulse control competence



Susan Scott, Fierce Conversations, 2002

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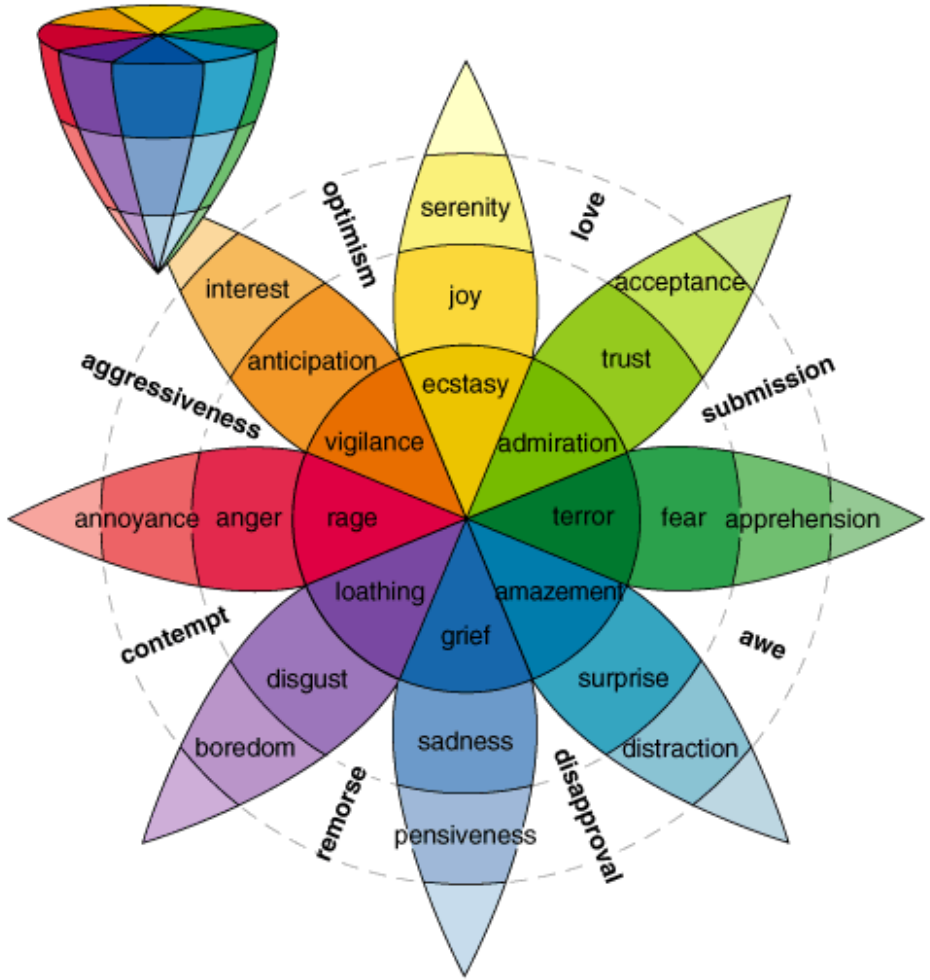
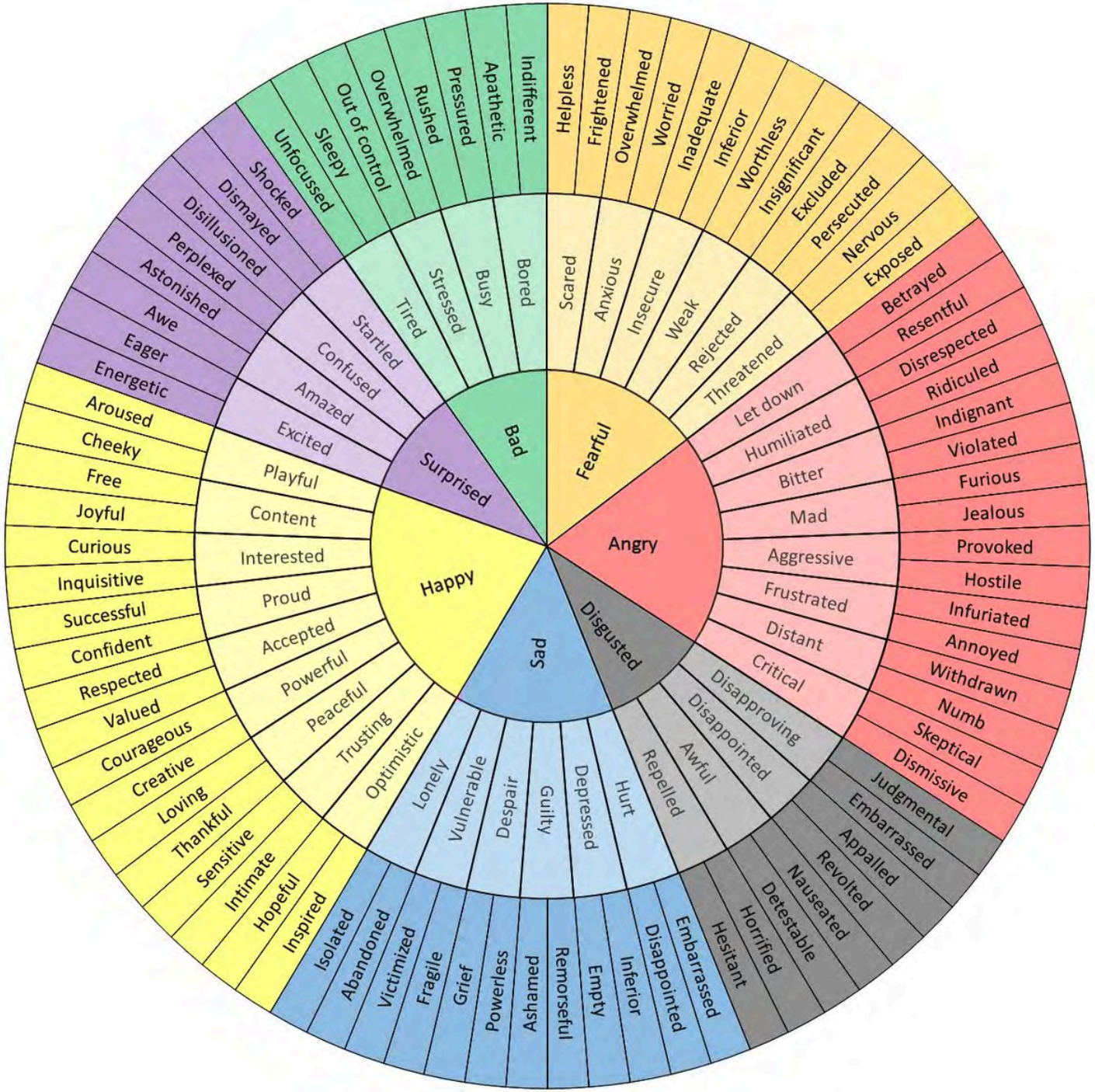
Human Emotions





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Flex your emotions

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Fake it until you become it

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Train mind

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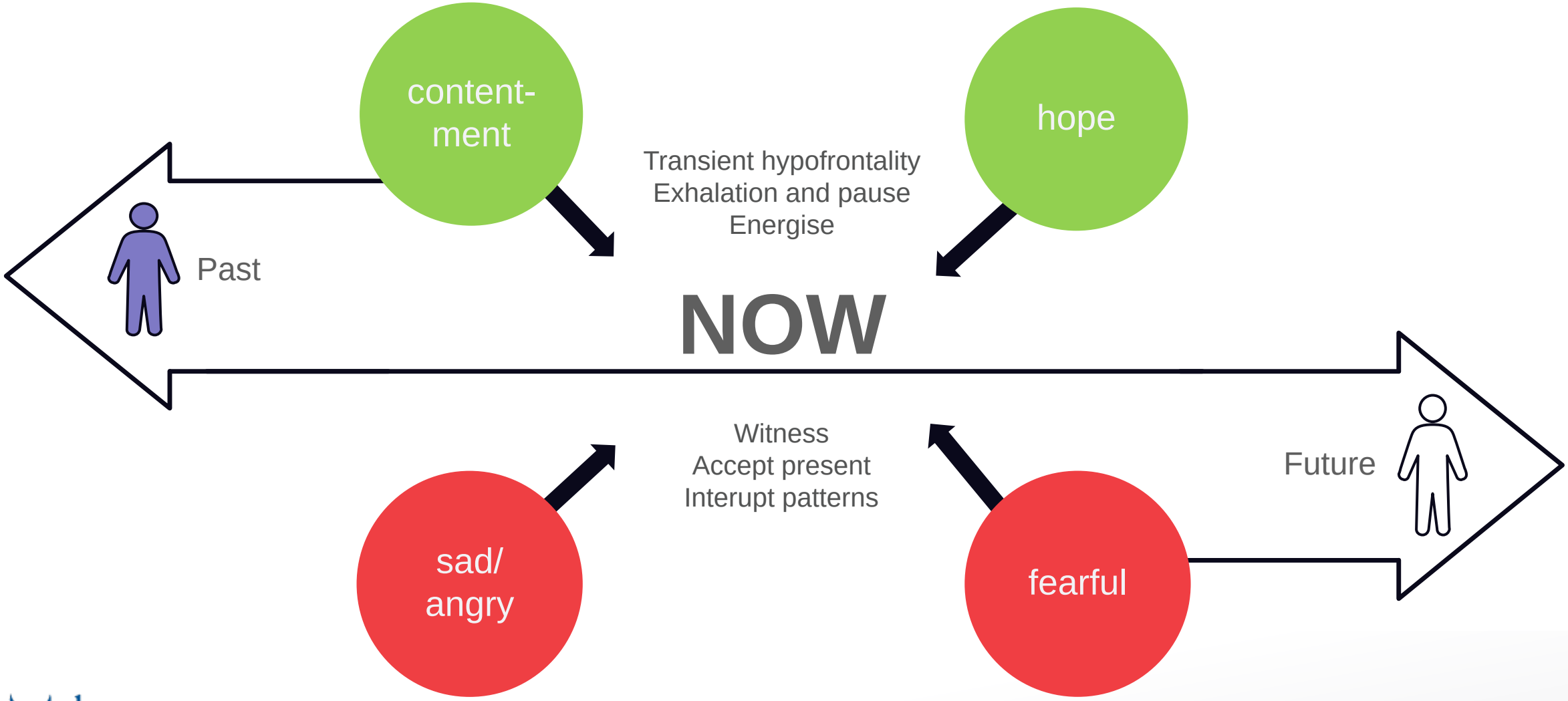
70,000

Attention control



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Flow

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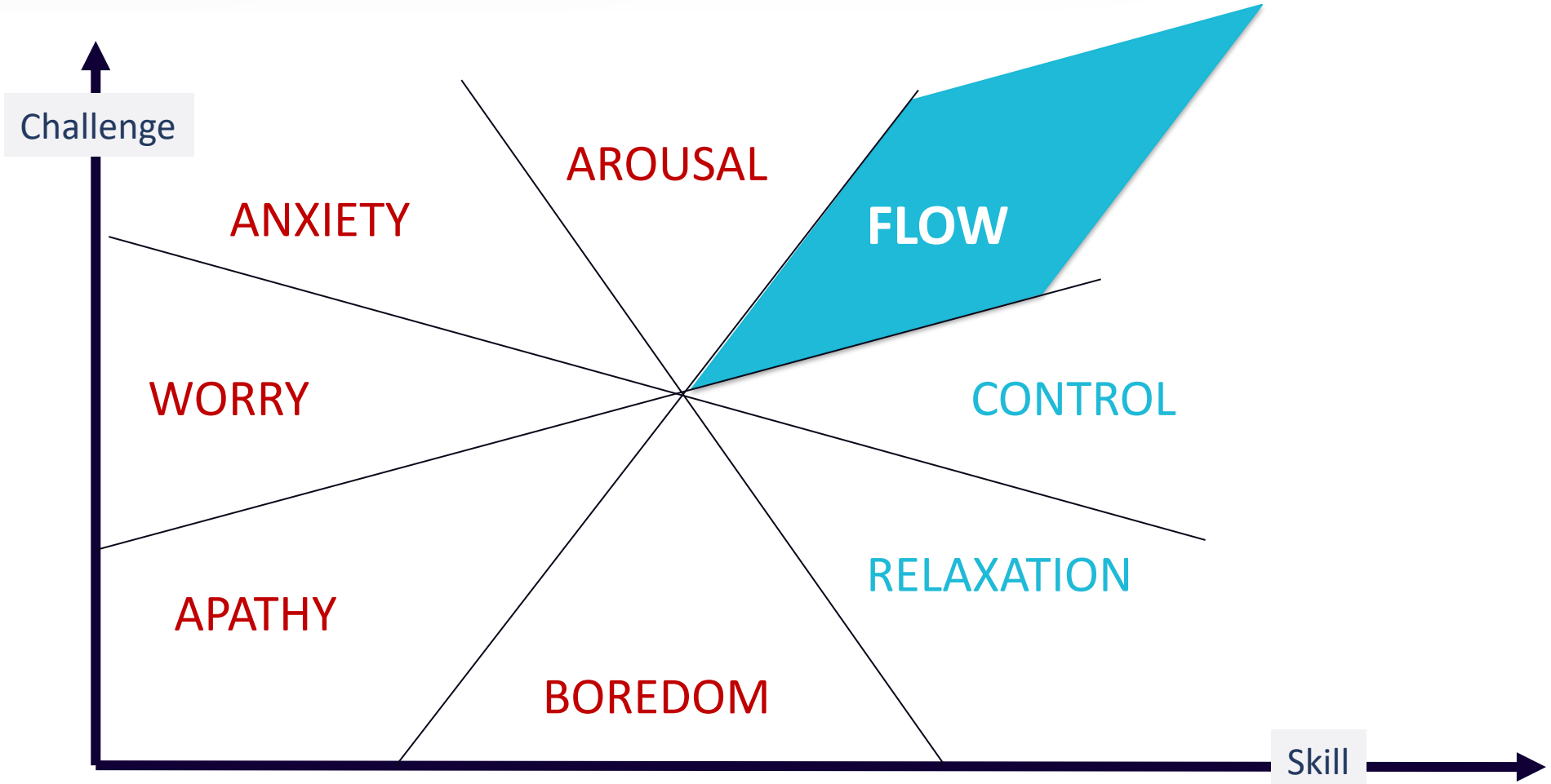
Finding flow



Source: Mihaly Csikszentmihalyi, Good Business, 2003

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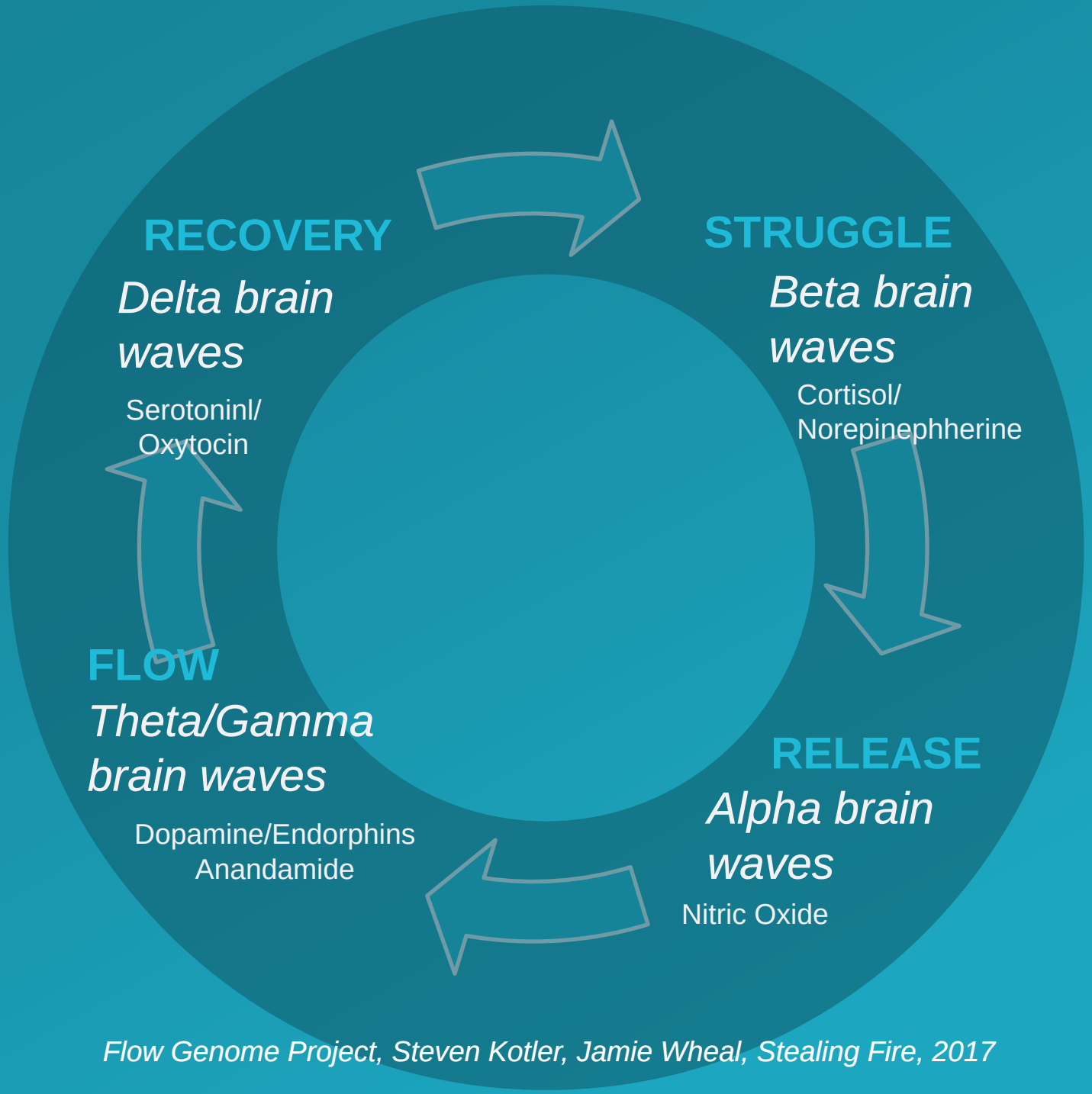
Flow



1. A professional in flow can be 500% more productive.
2. Flow can double team productivity.

Flow Genome Project, Steven Kotler, Jamie Wheal, Stealing Fire, 2017

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Resilience Mastery

Receive a PDF copy of my forthcoming book:

https://resiliencei.com/vip

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