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**GPS: Growth Potential Strategies**

1. Describe four + strategies to promote individual health and wellness and the evidence to support why they are significant.
2. Review additional resources to help prioritize and promote resiliency for yourself and loved ones.
3. Develop your **WOOP** self care plan.



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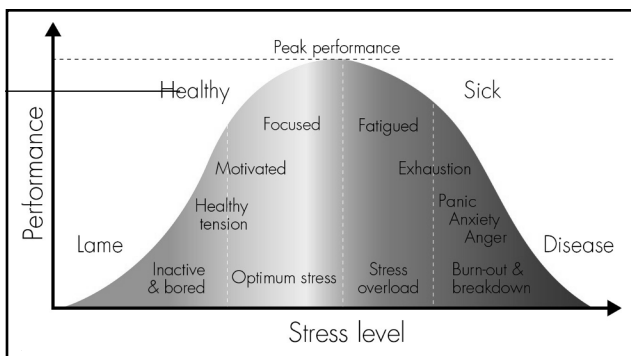
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## Fear Vs. Anxiety

Nearly 1 in 10 Americans suffer from some form of anxiety (B.C)

Most common mental health concern

Fear and Anxiety are **COUSINS**

Fear is our flight or fight from actual threat

Anxiety is the anticipation of a threat (catastrophizing)

Depression can be a **COMPANION** to anxiety when persists overtime



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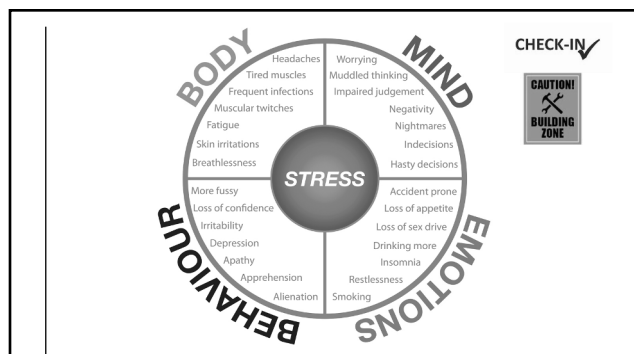
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## Phases of Psychological Crises

**Emergency:** shared, clear goals and urgency make us feel energized, focused and perhaps more productive

**Regression:** we realize the future is uncertain; lose sense of purpose; get tired, irritable, withdrawn, and less productive

**Recovery:** we begin to reorient; revise our goals, expectations, and roles; and begin to discuss on moving beyond vs. just getting by

Amy Cuddy, PhD  
Merete Wedell-Wedellsborg PhD

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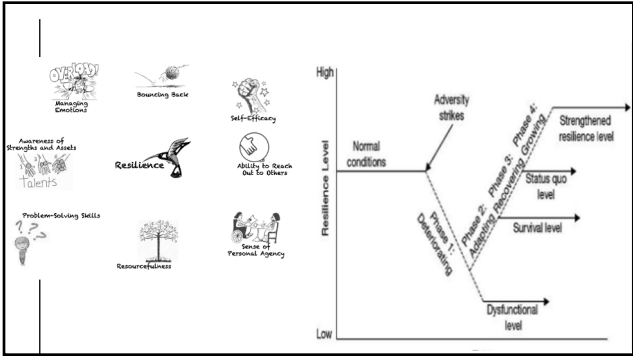
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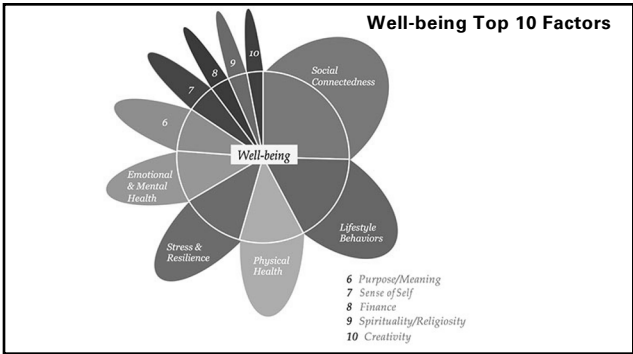
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How well are you driving your mind, body, life, and work?



### Checking Under the Hood #1

#### Quickie Well-Being Assessment

While our genes control some of our health and well-being, we are in the driver's seat for at least 50% of our health, well-being, and quality of life. Look for trends and patterns.

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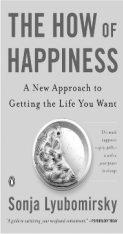
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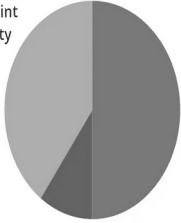
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50% = Happiness Set Point  
40% = Intentional Activity  
10% = Circumstances

The Happiness Pie Chart



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### Happier People Tend To:



Nurture social relationships

Have an attitude of gratitude

Are the first to help others

Practice optimism about the future

Savor pleasures and live in the present moment

Make physical activity a habit

Committed to meaningful goals

Often spiritual or religious

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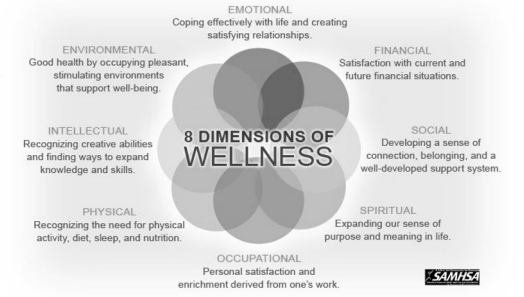
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### Renewable Energies- 4 Dimensions of Personal Energy




**Emotional Energy**  
Fuel + Emotions  
Defuse Negative Emotions  
Reverse Lens



**Mental Energy**  
Reduce Interruptions  
Schedule time to respond to emails/VMs



**Spiritual Energy**  
Find Your FLOW  
Spend last 20 min of day relaxing  
Use Core Values



**Physical Energy**  
Get Sleep  
Move Body  
Nutrition is KING  
Take Breaks!

Harvard Business Review Article

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**MINDFULNESS**

**CAUTION! BUILDING ZONE**

**Rx**

Socialconnectedness.org  
Learnedsigns.com  
<https://99designs.com/blog/creative-thinking/page/2/>

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### Destination #1- Checking Under the Hood - Daily Routines

- Designate a workspace/create **boundaries**
- Be aware of audio/ visual distractions (hurtful vs helpful)
- Each night identify the most important challenge for the day and make it the first priority (aim for 2-3 overall)
- Have a start/ finish line (work hours) (mark your calendar)
- When are you most productive/uninterrupted? Schedule high priority items in this space/most valuable activities you do (mark your calendar)
- Take brief and regular *breaks* at 60-120 minute intervals in the day & build in *transition* mental time as you close work
- Reduce interruptions by performing high concentration tasks away from phones and email (respond to VM and emails at designated times throughout the day)
- Preserve ~90 minutes unscheduled time (buffer) for interruptions
- Wake up and go to bed at consistent time each day
- Have your workout gear ready to go, even if you are working out at home

Avoid Schedule Collision



Work Oasis/Have Fun  
Release Dopamine  
~3 a day (15 min)  
Plan for Personal Oasis (30 min)

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### No-Mobile Strategies

1. Track screen time (check in your settings "screen time")
2. Take a conscious break
3. Ask for help with family and friends (automatic response/notifications)
4. Increase boredom tolerance
5. Do a brain dump
6. Keep phone out of bedroom
7. Find new ways to self soothe
8. Do a digital fast
9. Cultivate physical senses
10. Choose a physical practice to separate you and/or get outdoors
11. Photo free day
12. Meditate
13. Commit to 1 hour a day of doing one thing at a time
14. Actual face time
15. When someone speaks put device down/eye contact
16. Delete that APP

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### Destination #2- Checking Under the Hood

Social Connectedness



Virtual Trivia Night  
Virtual Happy Hour  
Virtual Lunches in  
"Break Room"




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PIT CREW OF SUPPORT- CIRCLE OF 5  
WHO ENERGIZES VS DEPLETES YOU?

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**Destination #3- Checking Under the Hood**  
**Attitude of Gratitude**



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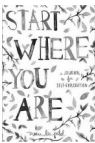
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**Gratitude Practices**



**EVERY DAY:**  
- Think back to 3 good things that happened to you  
- Acknowledge things you are grateful for  
- Write them down to your journal  
- Repeat this exercise for at least 7 days, and gradually  
- Increase if you continue to feel positive and happy

**POSSIBLE BENEFITS INCLUDE:**  
- LONGER life span and happiness  
- IMPROVED sleep quality  
- LESS stress and worry  
- HIGHER levels of happiness  
- BETTER work-life balance



Amazon.com; Letterpress.com; Techlicious.com; Buzzfeed.com; Telegraph.com.uk  
METTA Institute- Loving-kindness meditation  
<https://www.metta-institute.com/insightmeditation.html>

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**Destination #4- Checking Under the Hood**  
**Purpose in the Pandemic**



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## Develop a Daily Purpose Mindset Exercise

What values do you want to bring to this day?

What three key strengths do you want to use today?

What three individuals/groups/causes do you want to have a positive impact on today?

What are your three biggest fears or anxieties right now?

What commitments can you make to live out a purpose mindset?

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## # Pandemic Purpose

Because I value \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_  
today I will use my gifts for \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_  
to positively impact \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_  
I accept my anxieties about \_\_\_\_\_, \_\_\_\_\_  
and \_\_\_\_\_ and still make conscious, purpose-based  
commitments to \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

Christinewhelan.com

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## Fill Your Tank..... Back to Energy Boosters

### Physical Touch



Physical Activity  
Massage  
Weighted Blanket!



### Acts of Service

Acts of Kindness  
Scheduling  
Cleaning  
Delegating



### Quality Time

Meditation  
Hobbies  
Creative Flow  
Relationships



### Words of Affirmation

Positive Self-Talk  
Journaling  
Daily Affirmations  
Mantras

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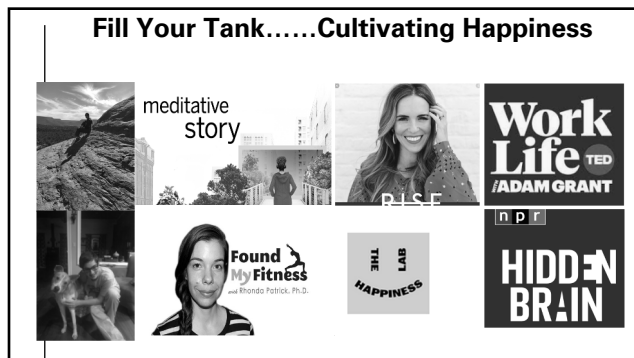
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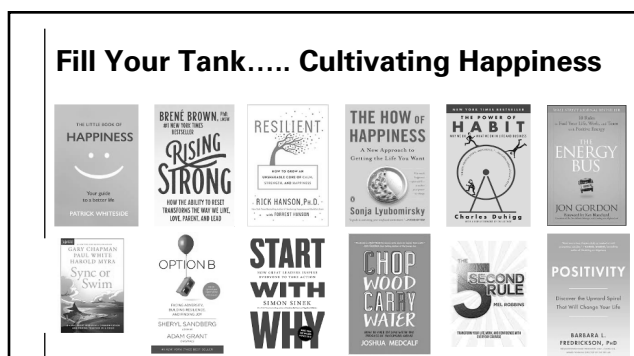
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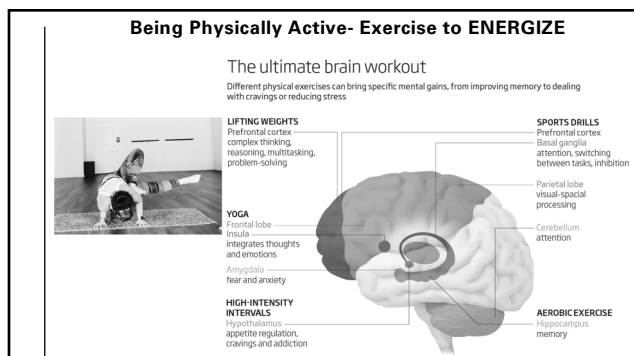
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**YouTube Channel**  
**Yoga Apothecary**

**Over 36 million people practice yoga!**

**Yoga Means Union – Breath is 1<sup>st</sup> poses are second**

- Find the power of the breath (deep in the diaphragm)
- Supports parasympathetic response
- Find alignment
- Find grounding
- Let go of perfection
- Clear monkey mind
- Develops a life-long learner mindset
- Poses can be geared to a sport

MBSR- Awareness of breath, awareness of body sensations, walking meditation, & mindful movement

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**Re-Wirement planning**

**Dream Realization Plan (WOOP)**

1. Wish
2. Outcome
3. Obstacle
4. Plan



Unsplash.com, Martin Seligman

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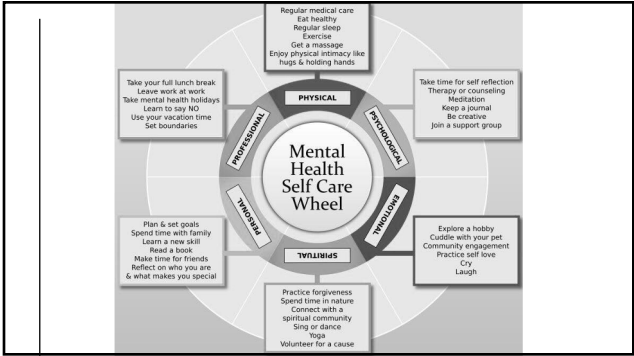
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### Thriving in Life


**P**ositive Emotions

**E**ngagement

**R**elationships

**M**eaning

**A**chievement

**V**itality

EXPERIENCING POSITIVE EMOTIONS SUCH AS HAPPINESS, SATISFACTION, SELF-REGARD, SERENITY, & CHEERFULNESS ON A REGULAR BASIS

HAVING INTERESTS & PURSUITS THAT DEEPLY CAPTIVATE US, RESULTING IN THE REGULAR EXPERIENCE OF FLOW & PERSONAL GROWTH

EXPERIENCING AFFECTION, FRIENDSHIP, AND LOVE (IN BOTH DIRECTIONS) WITH OTHER (HUMAN) BEINGS IN DIFFERENT CONTEXTS (FAMILY, LEISURE, WORK)

BELIEVING IN & WORKING TOWARDS SOMETHING THAT TRANSCENDS OURSELVES & OUR LIFETIMES (BE IT IN THE SECULAR OR SPIRITUAL DOMAIN)

EXPERIENCING A SENSE OF ACCOMPLISHMENT (BEING A SUCCESS STORY) ON A REGULAR BASIS, BE IT IN THE OCCUPATIONAL DOMAIN OR IN OUR PRIVATE LIVES

TAKING GOOD CARE OF OUR BODIES & MINDS, FOR EXAMPLE VIA REGULAR PHYSICAL EXERCISE, A HEALTHY DIET, SUFFICIENT SLEEP, & MINDFULNESS PRACTICE

[https://en.wikipedia.org/wiki/Martin\\_Seligman](https://en.wikipedia.org/wiki/Martin_Seligman)

<https://www.authenticliving.com>, Based On Work By Martin Seligman

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**CFO, Chief Fitness Officer**  
Co-Founder Yoga Apothecary, LLC.  
Senior Contributor- Wellbeing Elixir

**WELLBEING ELIXIR**  
<https://sendfox.com/yoga-apothecary>  
Check Spam and Junk Filters

<https://www.youtube.com/c/YogaApothecary/videos>

<https://www.instagram.com/yoga.apothecary/>

<http://www.wellbeingelixir.com>

**wellcoaches®**  
SCHOOL of COACHING

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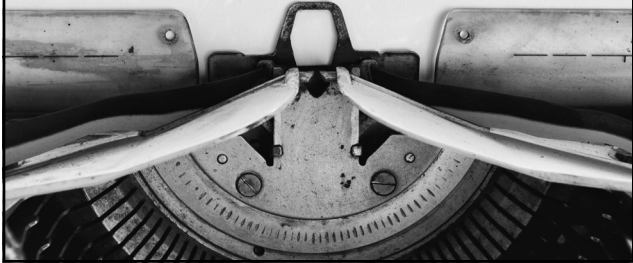
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**The End.**



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