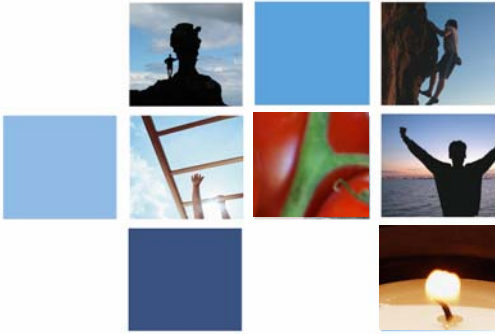


RESILIENCE

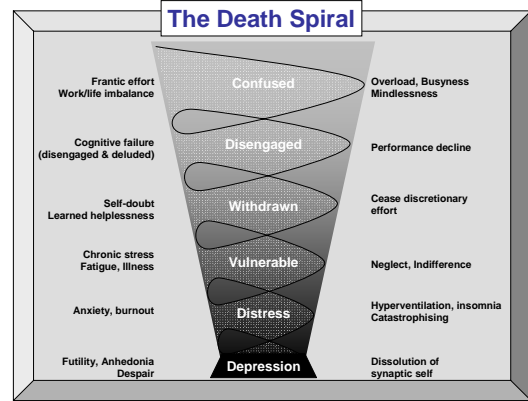
Body, Mind, Heart and Spirit in life, work & community



Dr Sven Hansen, MBChB, MBA

PRICEWATERHOUSECOOPERS

The Death Spiral



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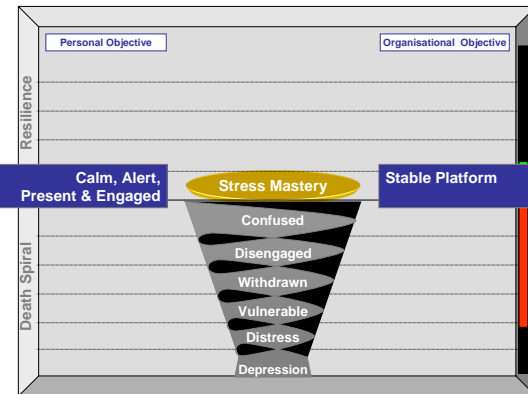
Defining Resilience

A Learned Ability (individual or collective) to:

- Bounce back from set-backs
 - Action bias, internal locus of control, connectivity
- Steer through everyday adversity
 - self-efficacy & confidence
- Reach out to others and our full potential
 - assess risk, self knowledge, meaning & purpose

Adapted from Reivich and Shatte, The Resilience Factor, 2002

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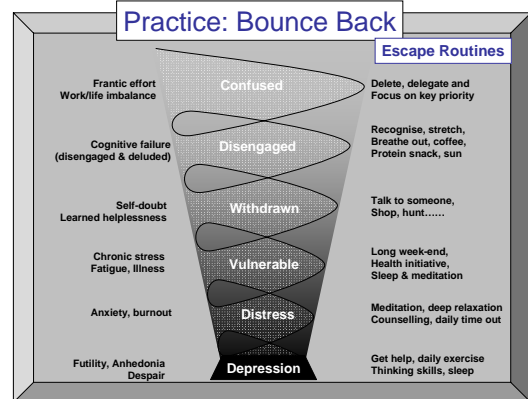
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Understand and master your Performance Supply Chain

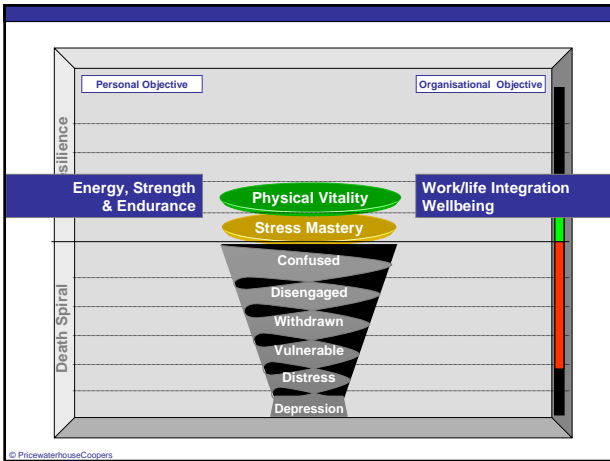


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Practice: Bounce Back



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Integral Daily Practice

Morning practice	Daytime practice	Evening Practice
7 to 8 hours unbroken sleep & be asleep by 10.30pm	30 minutes daily, include one session of strength work/week	Smart switch from work to family/private life
Wake up at the same time each day even weekends.	Lunch of fish (tuna) turkey or chicken with leafy greens, beans and tomato	Create some play time and plan an early dinner
Spend at least 5 minutes stretching all major muscles	Sneak in a 10 minute powernap – do this in car or chair	Mixed veggies, pastas, stir fried rice. Go easy on protein and sugar
Focus on what you want to achieve and how you want to feel	A midafternoon snack - sandwich, nuts or fruit	Avoid TV, engage in family discussion, love making or reading
Every day including oats, fibre, soy or skim milk, eggs, nuts and some fruit	Periodic rejuvenation with stretch, biofeedback and microbreaks	Always relax your body fully. Engage diaphragmatic breathing

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Physical Resilience

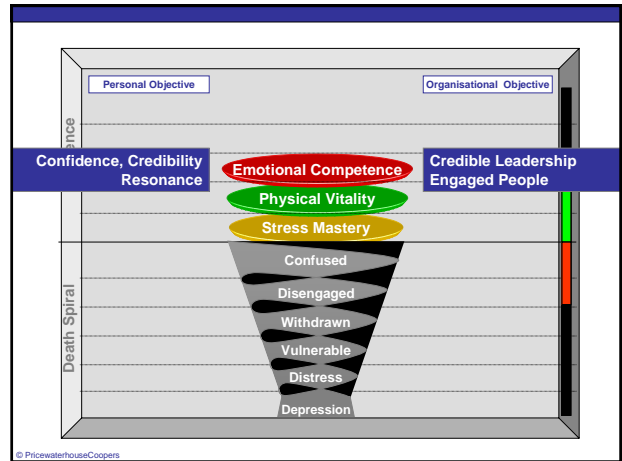
The Risks

- Oxidation
- Plaque
- Inflammation

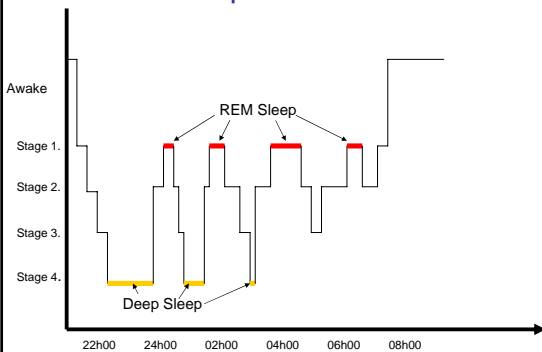
The Solution

- Exercise
- Relaxation
- Sleep
- Nutrition
 - (veggies, omega 3, red wine)

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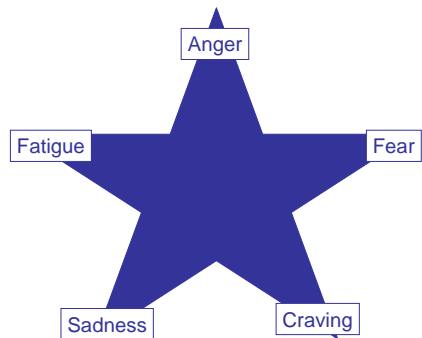
Sleep Architecture

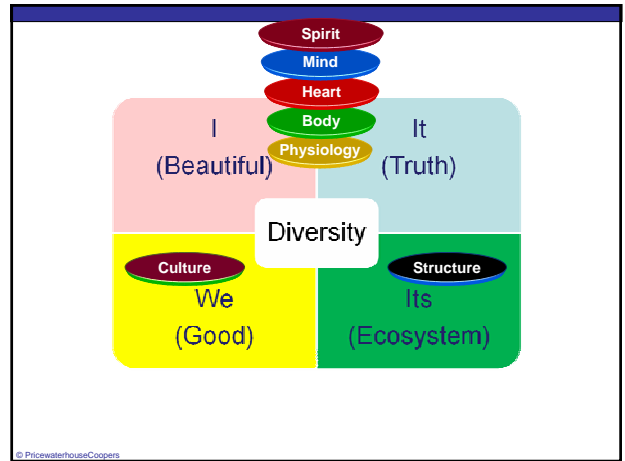
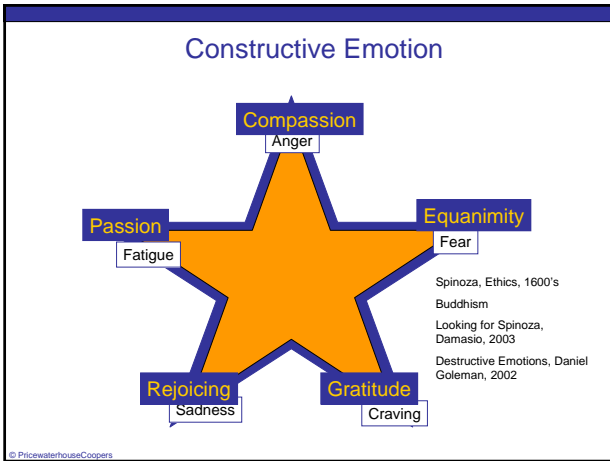


Anxiety, depression, over-stimulation, breathing, snoring, light, sound, asthma etc.

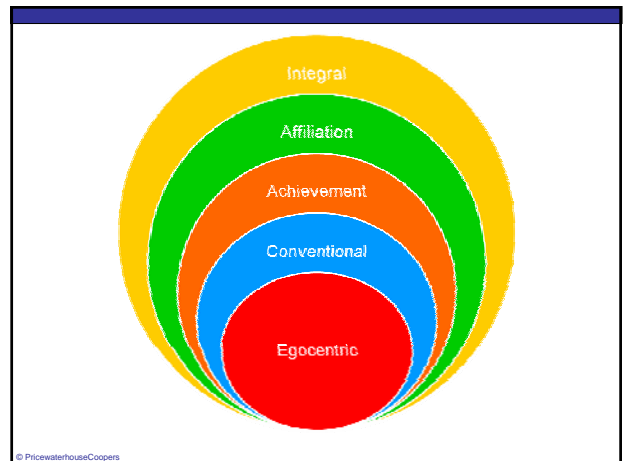
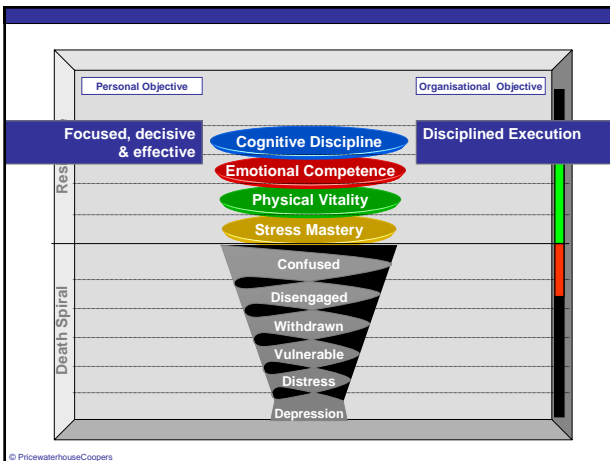
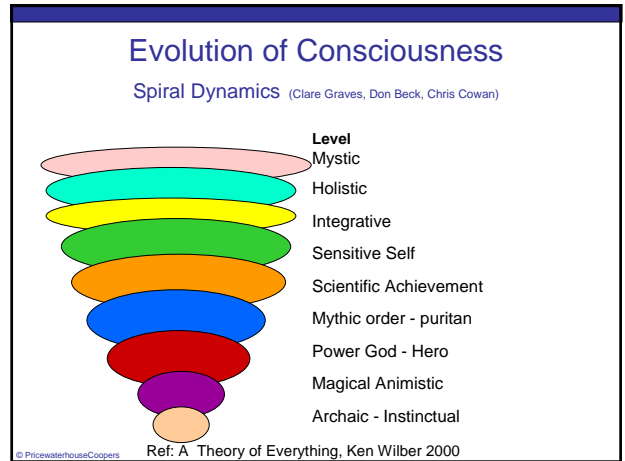
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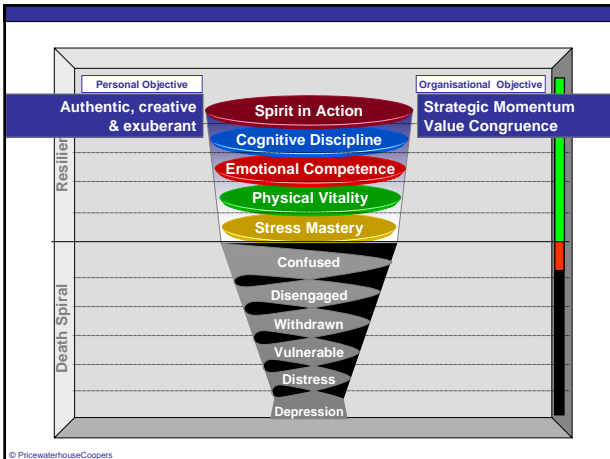
Emotional Regulation





- ### The Magical 2.9
- Positive impact on
 1. Scope of attention
 2. Broadens behavioural options
 3. Intuition and creativity
 4. Cardiovascular risk
 5. Immune function
 6. Resilience to adversity
 7. Happiness
 8. Psychological growth
 9. Cortisol levels
 10. Reduced pain
 11. Resistance to Rhinovirus
 12. Reduction in stroke
 13. Increased longevity
- Source: Barbara Fredrickson, Marcial Losada, American Psychologist, Oct 2005.
- © PricewaterhouseCoopers





More moments of happiness = Pleasurable life
 Add talent and skill (flow) = Good life
 Add meaning and purpose = Authentic happiness

Martin Seligman, *Authentic Happiness*, 2002

“Love is the only emotion that expands intelligence”

Humberto Maturana, Cognitive Scientist

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Criteria for FLOW

- Goals are clear
- Feedback is immediate
- Balance between challenge & competence
- Concentration deepens
- Deep effortless involvement – in the present
- Control is no problem
- Sense of time is altered
- Loss of ego (fully engaged)
- Autotelic experience



Source: Mihaly Csikszentmihalyi, *Good Business*, 2003

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Reference & further reading

Managing Yourself Inner Work	Jan Issue, HBR, 2005 May Issue, HBR, 2007
Emotional Intelligence Working with Emotional Intelligence The New Leaders Resonant Leadership Heroic Leadership Power of Full Engagement Learned Optimism Optimistic Child Authentic Happiness Origins of Creativity Descartes Error The Feeling of What Happens Looking for Spinoza The Synaptic Self Resilience Factor Good Business Spiral Dynamics Integral Psychology	Daniel Goleman, 1995 Daniel Goleman, 1998 Goleman, Boyatzis, McKee, 2002 Richard Boyatzis, Annie McKee, 2006 Chris Lowney, 2004 Loehr, Schwartz, 2003 Martin Seligman Martin Seligman Martin Seligman, 2002 Pfenninger Antonio Damasio Antonio Damasio Antonio Damasio Joseph Le Doux Karen Reivich, Andrew Shatte Mihaly Csikszentmihalyi Clare Graves, Don Beck, Chris Cowan Ken Wilber

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