

RESILIENCE: STAYING HEALTHY UNDER PRESSURE

LPP Consulting with Church in Wales

May 2016



4. Choose your Behaviour



Taking time out to think differently



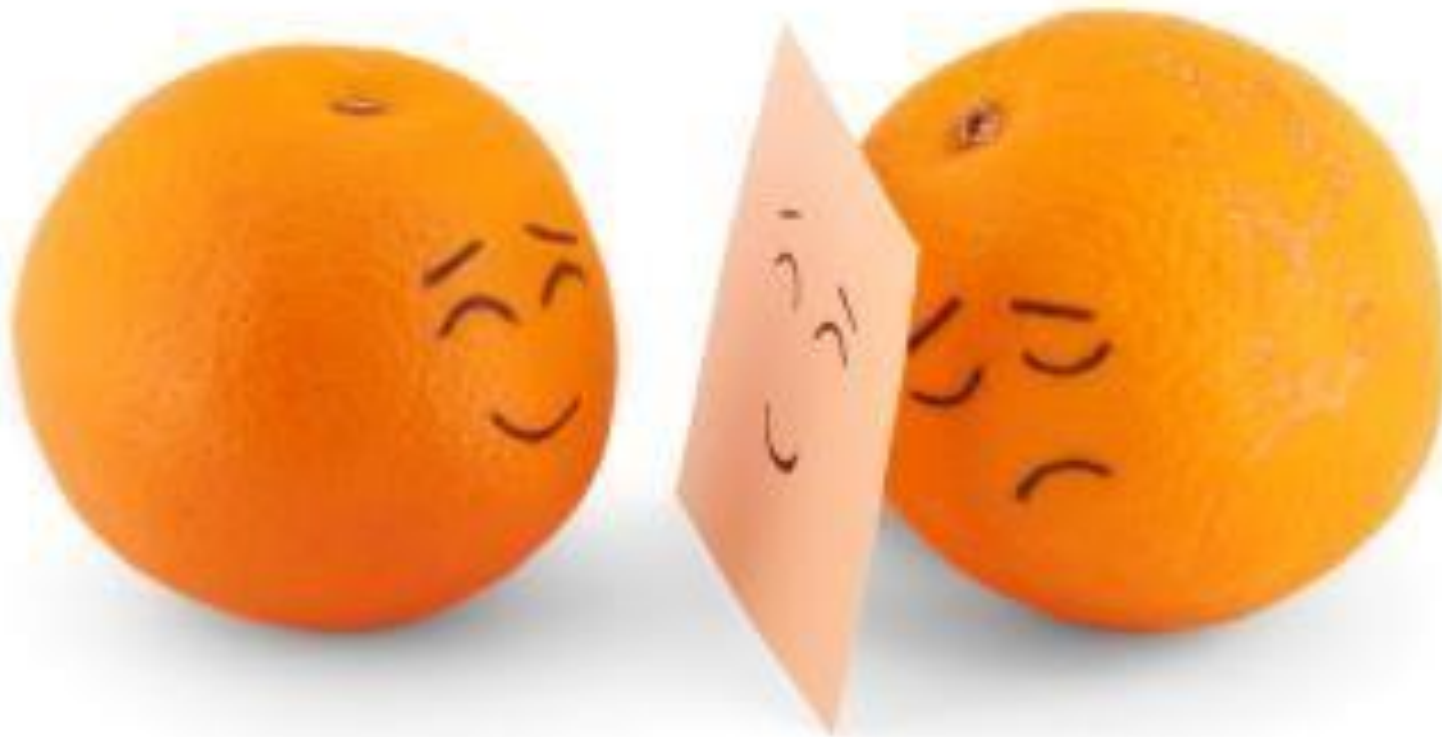
“For several years I used to travel to Oxford every month to see an academic supervisor... Travelling on the coach allowed the demands to recede, then walking to the College and across the park, gave me feelings of freedom and space.

It was at these times I re-discovered my emotions. I learned to listen to what I was actually feeling, which the demands of ministerial life had repressed.

It was often during these days that my awareness of God and my ability to listen to Him were repaired. Allowing time and space for a physical separation from our tasks, allowing emotional feedback and spiritual renewal, is a vital starting point in our theological reflection.”

Alistair Ross

Communicating under Pressure



Idea for 1 point improvement:

1. First seek to **understand** and then to be understood
2. Watch out for the **chimp** when in conversation (emotional, all or nothing, blaming others etc)
3. Allow the chimp to **vent** in a safe space where necessary – active listening / paraphrasing / empathy will help
4. Give yourself some **time** before responding – e.g. put difficult e-mails in draft before sending
5. Practice being **assertive** – try and get into a 'human' conversation about what you need



Multitasking vs Task Focus



Multitasking vs Task Focus

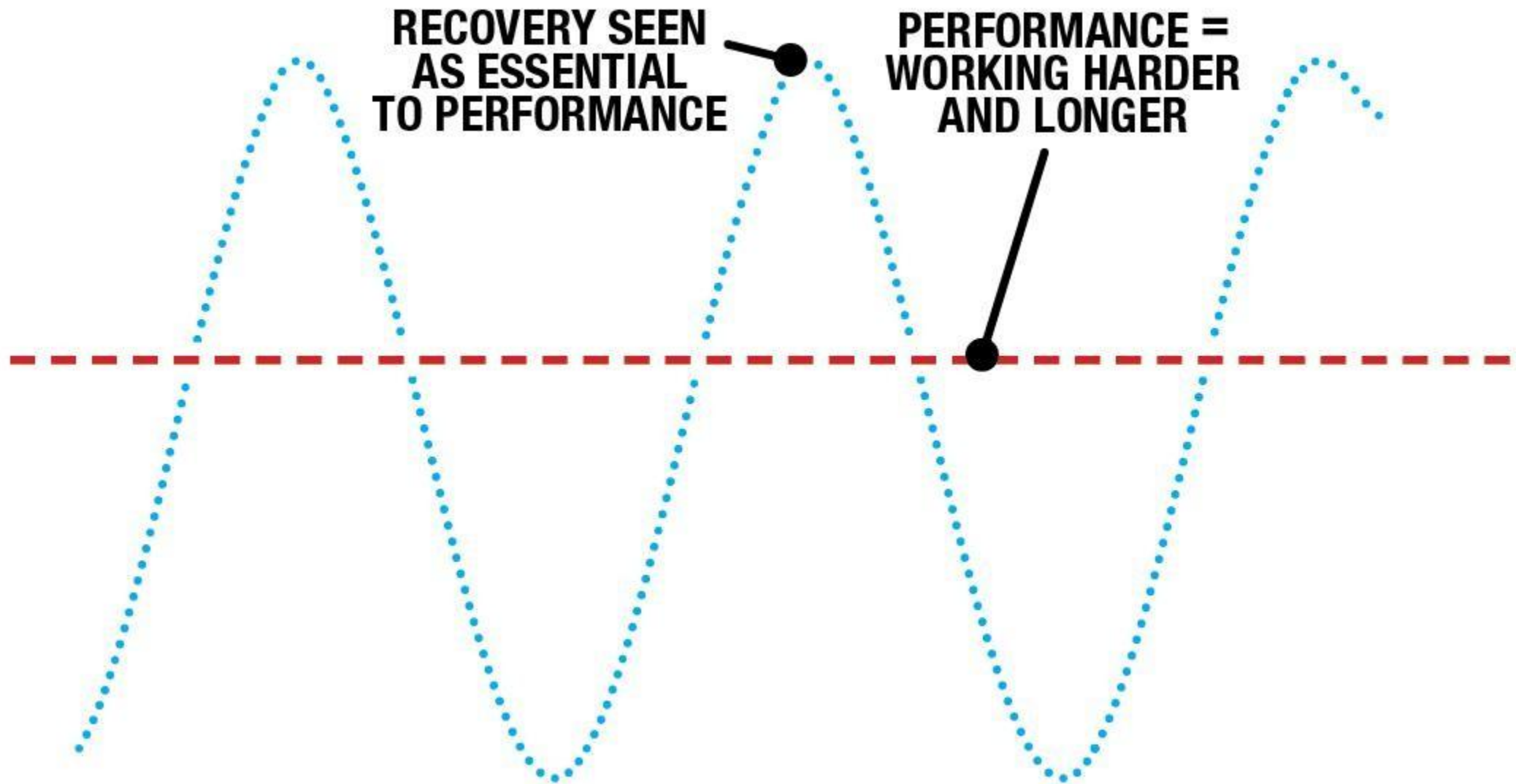


Ideas for 1 point improvement:

1. The **Pomodoro** technique – especially for boring or difficult tasks
2. Tackle difficult tasks early / when **fresh**
3. **Limit interruptions** – turn off e-mails, IM for 20 minutes at a time
4. Limit **meetings** to 50 minutes not 1 hour
5. Have only **one application** open on your desktop at any one time



Breaks / Recovery Periods

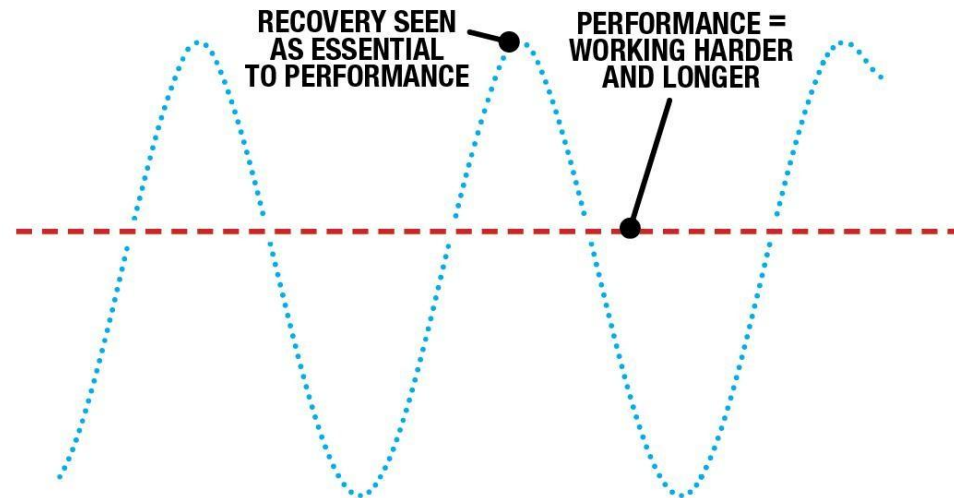


Breaks / Recovery Periods



Ideas for 1 point improvements:

1. Take 10 minutes at **lunchtime** away from technology
2. Take a 2-3 minute break at least **every hour**
3. Limit work on days off and ensure 1 day is **technology free**
4. No **screen time** before or in bed!
5. Protect some '**me**' **time** every week – prioritise things you enjoy



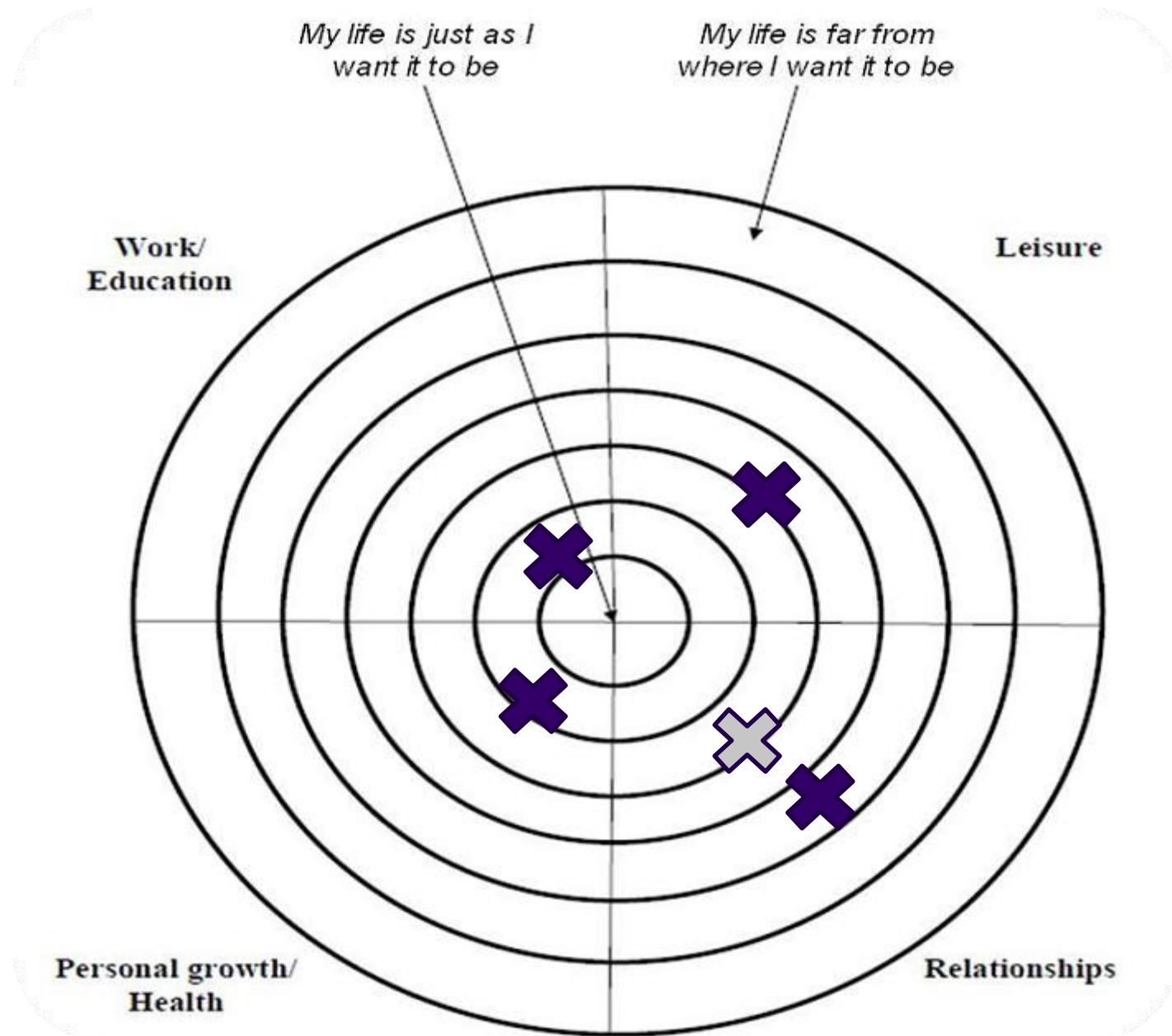


Recovery Behaviours



- ✓ **Work / life blend**
- ✓ **Exercise and movement**
- ✓ **Diet**
- ✓ **Sleep**
- ✓ **Time for others**

Work-Life Blend



Diet



3% Dehydration

10% loss energy

- Dehydration is a main trigger for fatigue, headaches and hunger
- 95% of the time when you are foggy it is dehydration
- Alcohol assassinates sleep!
- Once you are thirsty it is too late
- Basic requirement is 2 litres per day

Diet – stable blood sugar



- Stable blood glucose leads to better mental and physical performance
 - Concentration
 - Fatigue
 - Weight management



Junk food mimics stress response:

- Salt
- Refined sugar
- Processed flour
- Caffeine



Diet

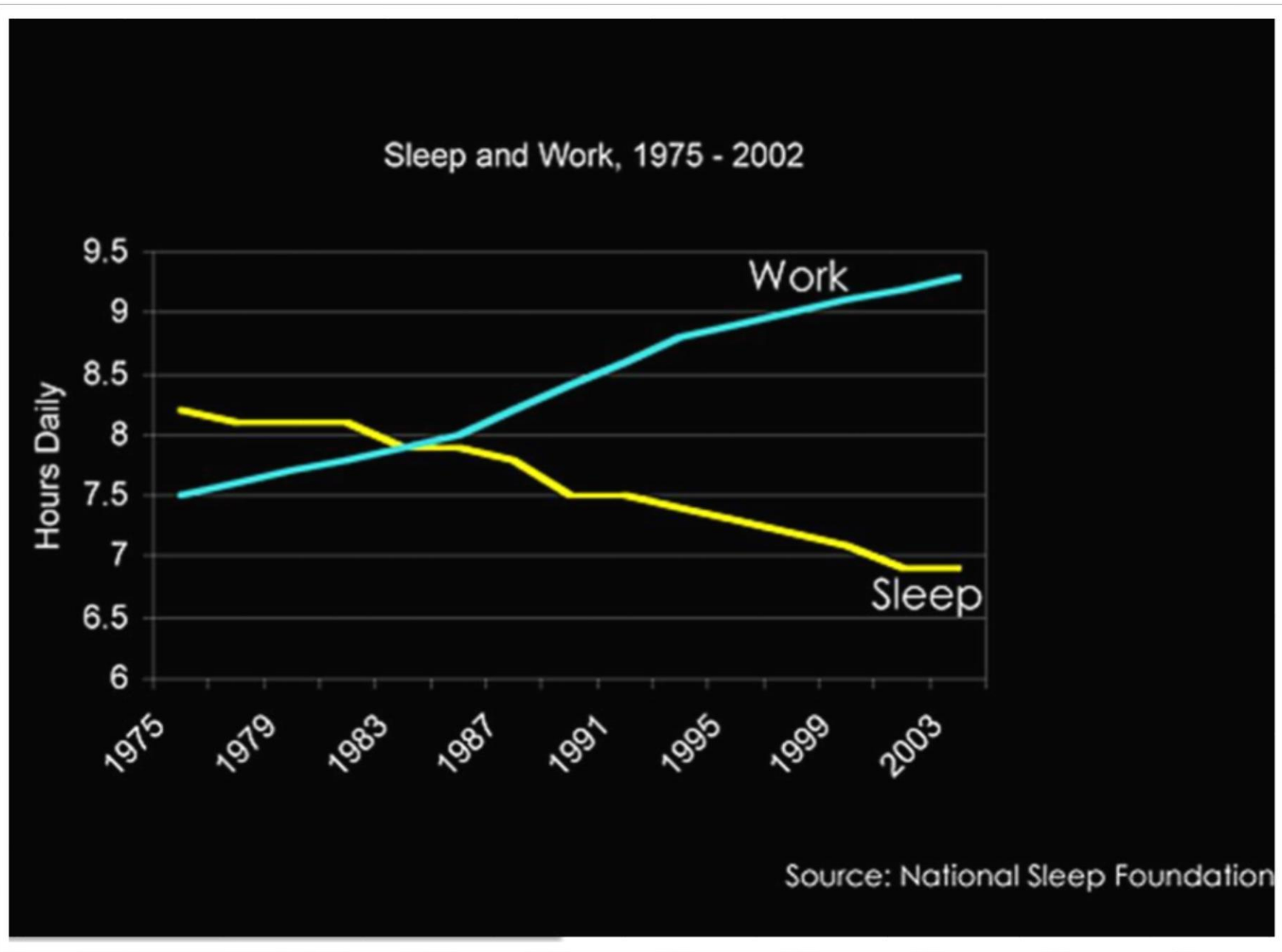


Ideas for 1 point improvements:

1. Drink glass of **water** first thing / put water bottle on desk
2. Limit **caffeinated** drinks (start by cutting 1 per week)
3. Replace **one sugary snack** per week with fruit / nuts
4. Cut **carbs** at lunch in favour of veg & protein OR choose brown bread over white
5. **Omega 3** (salmon) reduces the inflammatory effects of stress



Sleep



Sleep

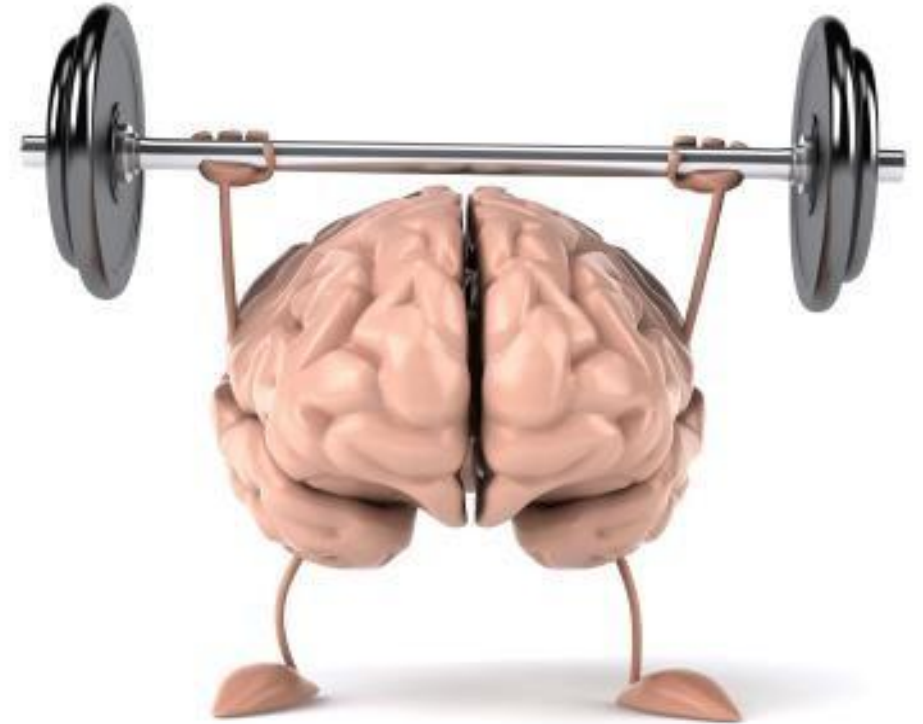


1 point improvement ideas:

- Regular routine - including 'wind down' time
- Black out blinds / quality mattress / white noise / temperature control
- Don't ignore the chimp – make a 'to do' list **before** you finish for the day
- No 'screen time' in bed
- Minimise stimulants post 5pm



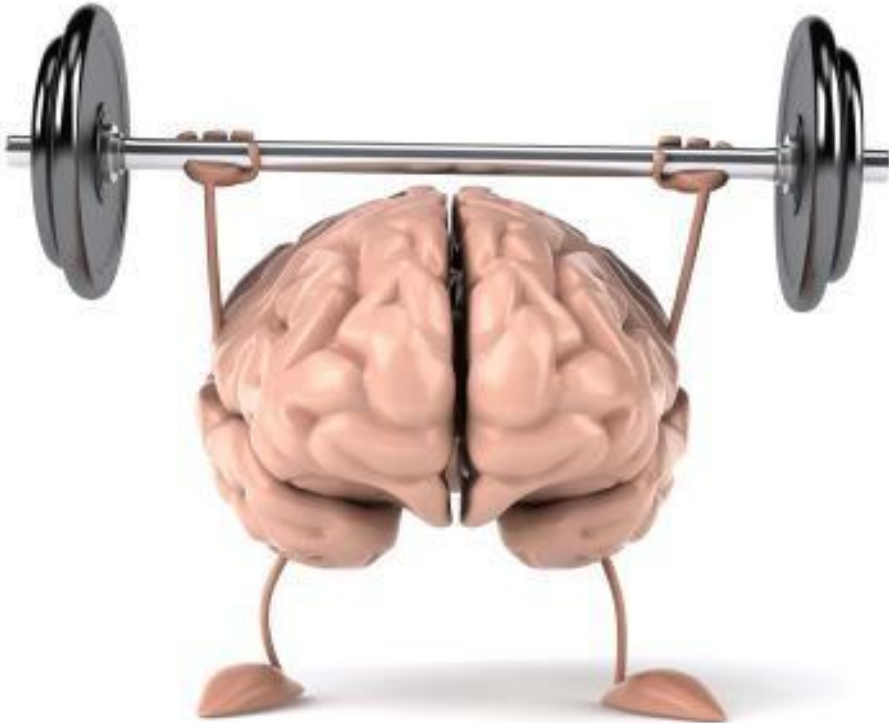
Exercise and Movement



"The human mind evolved to solve problems on the move"

Dr John Medina, Brain Rules

Exercise and Movement



- Reduces effects of stress
- Treats depression
- Improves sleep
- Boosts immune system - moderate exercise 30% ↓ colds
- Reduces risk of serious disease e.g. Cancer
- Improves cognitive performance

Exercise and Movement



Ideas for 1 point improvements:

1. Short walk at **lunchtime** (10 mins)
2. Take the **stairs** where possible
3. Get a **step counter** to count your movement through the day - 10,000 steps per day as base
4. Find movement in something you **enjoy** – dancing, yoga, walking dog, playing with kids.
5. If active – 1 **extra** exercise session p.w. OR do **high intensity** training



Make Time for Others



Cognitive Behavioural Challenge



How we feel under stress

Example alternative

Priority

Specific behaviour/s to change?
(How, when?)

Think rigidly



Take time out to think differently

3

Reserve Monday mornings for admin, strategic planning and long term projects

Pass on stress to others



Build relationships / help others

Multitask



Focus on 1 task at a time for 20 minutes

1

One pomodoro per day on longer term projects

Work without breaks



Identify recovery periods

Lose work / life blend



Keep sense of balance and priorities

2

Call Granny on Sundays

Don't exercise



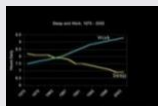
Exercise / move more

Reach for the sugar

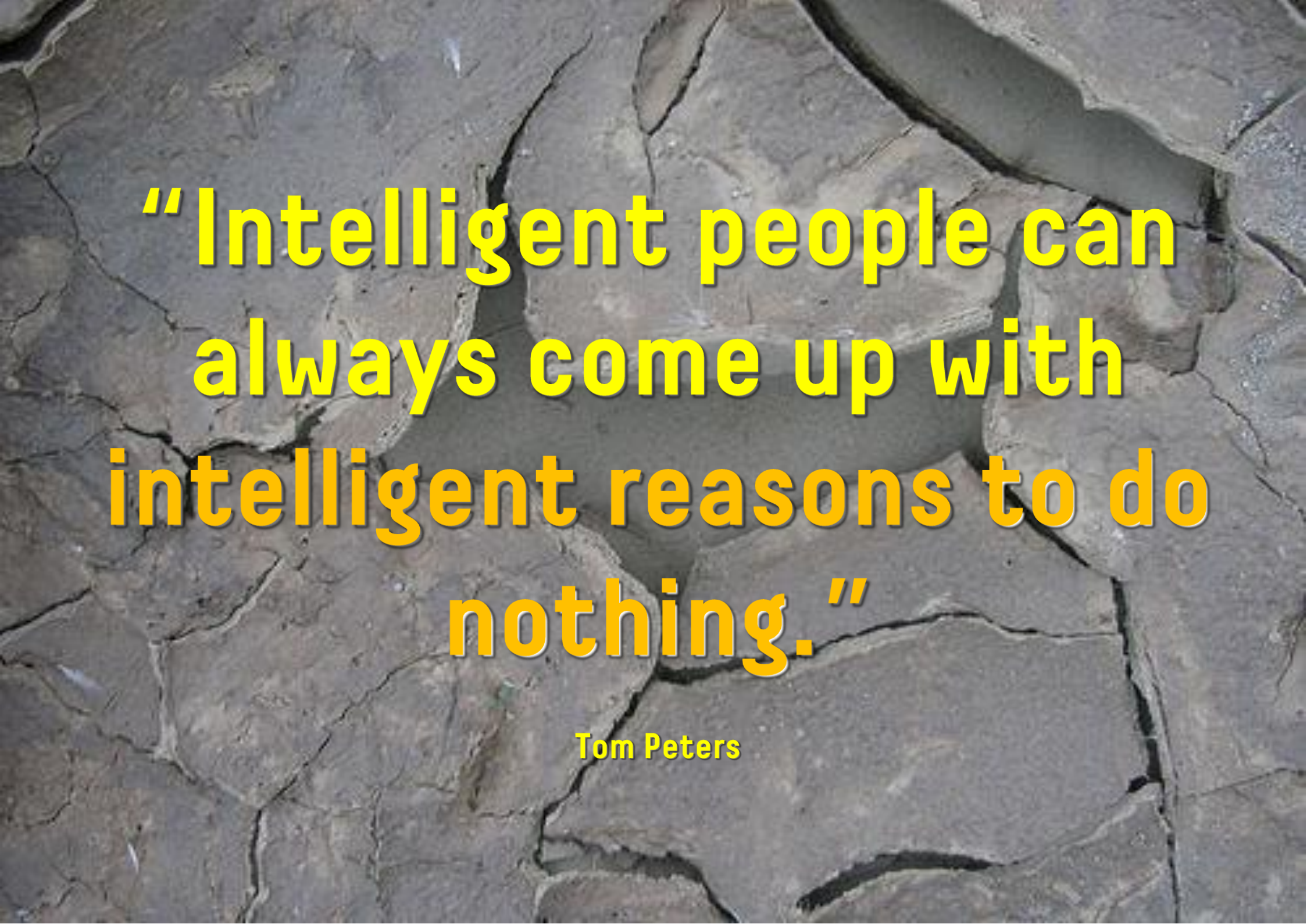


Maintain a sensible diet

Sleep less



Sleep more



**“Intelligent people can
always come up with
intelligent reasons to do
nothing.”**

Tom Peters

EXERCISE



21 Day Challenge

Day no:	1	2	3
Date:	23 June	24 June	26 June
Mood rating	4	6	6
<i>1-2 = Depressed/Severely Stressed ; 3-4 = Low mood / Stressed; 5-6 = Neutral Mood; 7-8 = Happy Mood; 9 = Very good mood; 10 = Elation</i>			
Resilience rating:	4	7	6
<i>1-3 = performed less well under pressure; 4-6 = average performance under pressure; 7-10 = above average performance under pressure</i>			
Cognitive Challenges:			
Activating Event?	✓ Issue with colleague	✓ Road rage	✓ Deadline – important doc.
Identified Mind Traps?	X	✓	✓
Checked, challenged and changed thinking?	X	✓	✓
Changed behaviour / reaction?	X	✓	X
Behavioural Challenges:			
Recovery & Performance Behaviours			
1. Exercise - walk the stairs	40 min squash	-	60 minutes - gym
2. Socialising	-	Drinks with friend	-
3. Notice chimp when in conversation	X	✓	✓

Maintain Resilience by...



**Becoming more
aware of your
thinking...**



particularly Mind Traps...



**choosing your
response...**



**and selecting the best
behavioural response.**



Thank you.... And good luck!



Optimising health
Enhancing performance

Rob.archer@lppconsulting.org