



wellbeing people

Resilience and Mental Fitness

Presented By

Carin Söderberg – Wellbeing Coach





RESILIENCE & MENTAL FITNESS

Mental Health Scale: Mental illness → Mental wellbeing → Mental fitness

- **What is stress?** Benefits, drawbacks & understanding your stress tendencies
- **Simplifying stressors** into 3 categories
- **Emergency tools** & **pro-active tools** for your resilience toolbox

What does the term 'Resilient' mean to you?

What do you observe about yourself physically, mentally and emotionally when you feel resilient?

HOW DOES STRESS EFFECT YOU?

Stress manifests itself differently for different people!

Physical

- Increased heartrate, breathing & blood pressure
- Aches and pains
- More susceptible to illness
- Mouth ulcers
- Digestive problems
- Skin problems
- Sleep disturbances – too little or too much

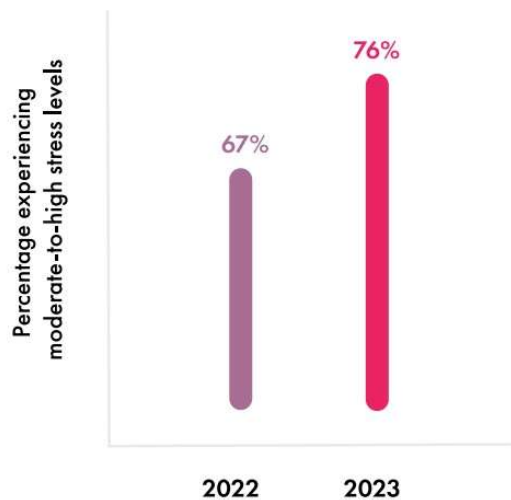
Mental & Emotional

- Brain fog/ struggle to concentrate
- Self-doubt & indecision
- Poor memory
- Irritability
- Panic/ anxiety
- Overwhelm/ frustration
- Withdrawal from others & loss of humor



STRESS & HABITS

Employees experiencing moderate-to-high stress levels



Workplace Health Report 2023

of people polled reported feeling so stressed that they have been overwhelmed or unable to cope in the last year.

(Mental Health Foundation and YouGov)

reported the ate too much or ate unhealthily due to stress

reported they starting drinking or increased their drinking due to stress

reported they started smoking or increased their smoking

→ Which **distraction habit** are you more likely to engage in when you're stressed?

STRESS & PERFORMANCE

Is stress always a bad thing?

To be “well” is not to live in a state of perpetual safety and calm, but to move fluidly from a state of adversity, risk, adventure, or excitement, back to safety and calm, and out again. Stress is not bad for you; being stuck is bad for you.”

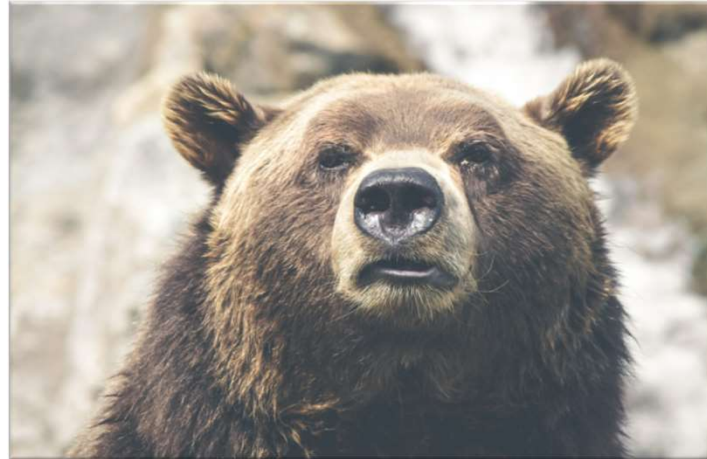
Emily & Amelia Nagoski, Burnout: The Secret to Unlocking the Stress Cycle



WHAT ARE YOUR BIGGEST SOURCES OF STRESS?

Not all stressors are out of our control

Internal Stressors



External Stressors

Acute Stressors

EXAMPLES OF STRESSORS

INTERNAL STRESSORS

- Dehydration
- Lack of movement
- Excess stimulants for all senses
- Poor breathing habits
- Lack of social connection
- Ultra Processed Foods
- Lack of sunlight/ nature
- Poor sleep hygiene
- Lack of silence or space
- Negative thinking

EXTERNAL STRESSORS

- Family
- Relationships
- Work
- Politics
- Weather
- Noise
- News
- FINANCES are a leading cause of stress!

ACUTE STRESSORS

- Accident
- Illness
- Extreme Sports
- Scary movies
- Rollercoasters

INTERNAL STRESSORS

=

RESIDUAL LEVEL

EXTERNAL STRESSORS

=

THE STORMS



THE NERVOUS SYSTEM SIMPLIFIED

An anxious mind rarely lives in a relaxed body



CHRONIC
STRESS



SYMPATHETIC NERVOUS SYSTEM

Fight, flight or freeze
'Go-Mode'

PARASYMPATHETIC NERVOUS SYSTEM

Rest & Digest
'Flow-Mode'

EMERGENCY TOOLS

For when your resilience tank is
at bursting point

#1 *The Magic Question*

Am I in immediate danger
right now?

#2 *Biohacking*

Belly breathing
Movement (shaking)

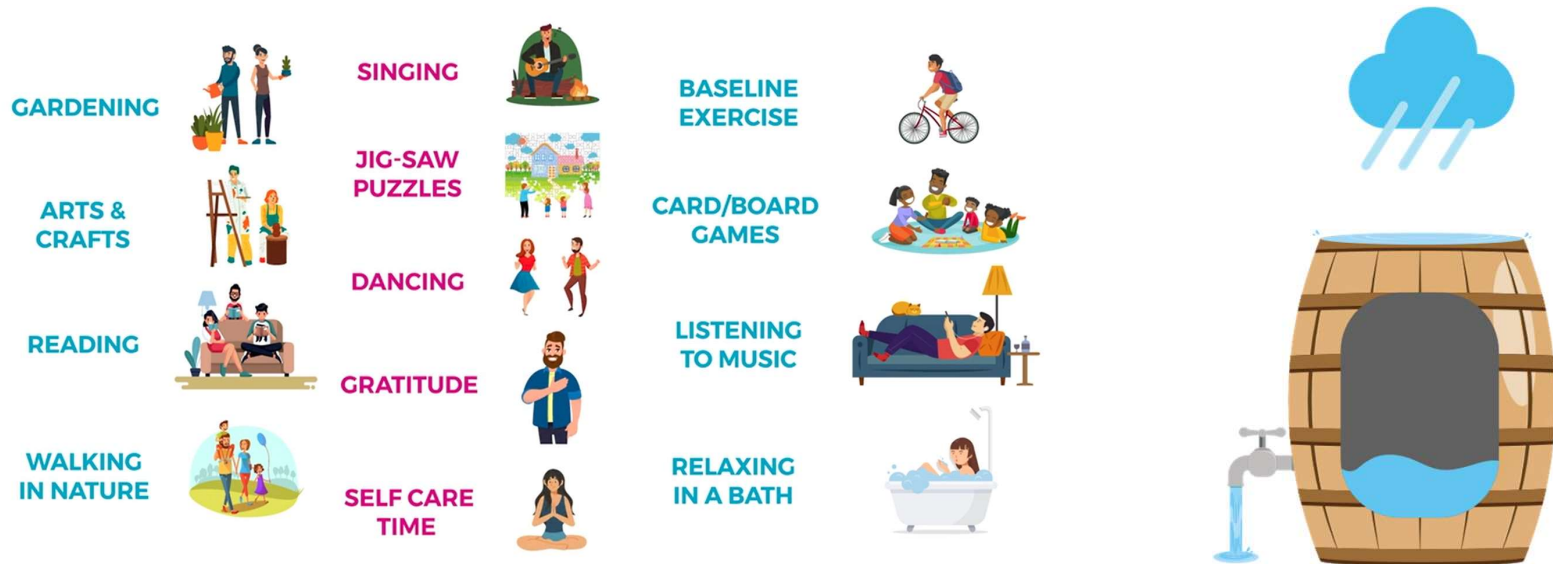


Bonus tip for post-traumatic growth:

Lean into mild-discomfort but never
suffer pain (mental, physical, or
emotional) alone

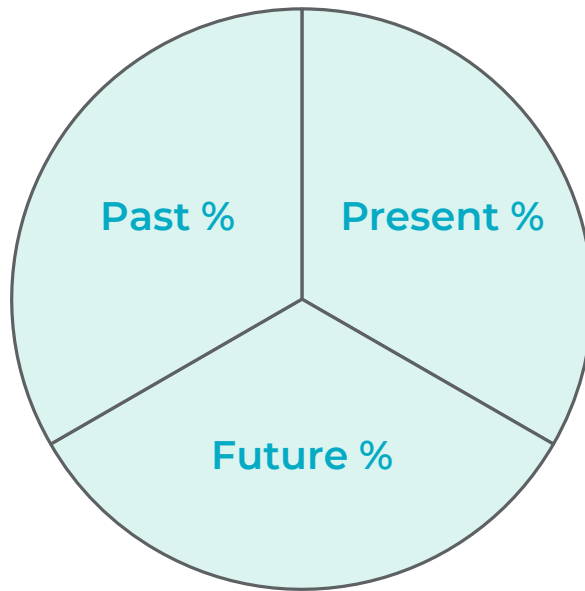
PROACTIVE TOOLS – FLOW STATE

What activities/ hobbies do you do to bring you joy or relaxation?



DO YOU HAVE A MONKEY MIND?

The Monkey Mind is a Buddhist term that refers to a mind that is restless, agitated, confused or that is hard to control



Exercise = How much (%) of your time, thought, energy, resource, and focus do you invest in ruminating about **the past**, worrying about **the future**, and **being present**?

MEDITATION MISUNDERSTANDING...



<https://www.youtube.com/watch?v=ksp3iSUDqfo>

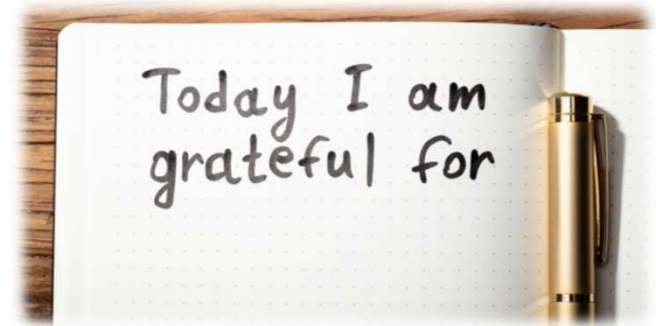
1% PROGRESS EXPERIMENT?

Brain training to become
mentally fit for your life



SCHEDULE FLOW TIME

1. Add it to your calendar
2. Do it mindfully, conscious actions without judgement
3. Invite loved ones into your world



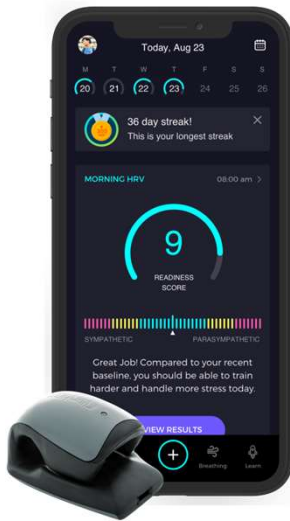
DAILY GRATITUDE PRACTICE

1. Start your day?
2. Before you eat?
3. Dinner table 3:2:1

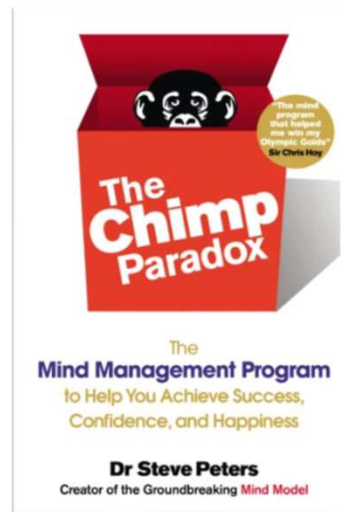
3 things you're grateful for,
2 things you did for someone else today &
1 best thing that happened today?

ADDITIONAL RECOMMENDATIONS

For those who love data, for book worms and for those who are curious...



[Elite HRV](#)



[The Chimp Paradox](#)



[Headspace](#)



LET'S RECAP

'Sleep is the single most important thing we can do to **reset our brain** and **body health each day**" Matthew Walker

1.

RECOGNISE YOUR WARNING SIGNS – Self-awareness is the first step to change

2.

SUPPORT YOUR NERVOUS SYSTEM – Which internal stressors could you address first?

3.

EMERGENCY TOOLS – The magic question, biohacking & talk to others

4.

PRO-ACTIVE TOOLS – Prioritise flow time, experiment with gratitude 😊

Scan the QR Code to get
access to the **Optimal
Wellbeing Checklist**



What was the most useful thing for you from this session?

We all need support...

Follow **Wellbeing People Ltd** on Facebook and Instagram
for more resources, support and habit upgrade experiments!



Event times

MONDAY 22

8.30-8.45am
Start Well, End Well
Virtual

9-10am
Thriving in a Hybrid Environment
Virtual

10am-12pm
Talk Cancer
Virtual

12-1pm
What is neurodiversity and why does it matter?
Virtual

1-2pm
Distress, Trauma and PTSD
Virtual

2-3pm
Support and Guidance for Financial Wellbeing
Virtual

TUESDAY 23

8.30-8.45am
Start Well, End Well
Virtual

9-10am
Resilience and Mental Fitness
Virtual

10am-10.45am
The Value of an Active Workforce
Virtual

11am-12pm
Beat Stress With Breathing
Virtual

12-1pm
Understanding Dyslexia at Work
Virtual

2-3.30pm
Supporting Colleagues to Move More
Virtual

WEDNESDAY 24

8.30-8.45am
Start Well, End Well
Virtual

9-10am
Burnout and Bounce-back-ability
Virtual

9-10am
Beat Stress With Breathing
RBH Seminar Room 2

9.30-11.30am
5 Steps to Suicide Awareness
Virtual

10-11am
Building Resilience
Poole Hospital Lecture Theatre

10.30-11.30am
Move Well, Feel Better (Exercise for Menopause)
RBH Seminar Room 2

11.30am-12.30pm
Chronic Stress and Burnout
Poole Hospital Lecture Theatre

12-1pm
Understanding ADHD at Work
Virtual

12-1.30pm
Attention Seeker
Poole Hospital, Lecture Theatre and virtual

2.30-3.30pm
Understanding Menopause
Poole Lecture Theatre and virtual

3.30-3.45pm
Start Well, End Well
Virtual

THURSDAY 25

9-10am
Winter Immunity
Virtual

9-9.45am
How Behaviours Shape Wellbeing
RBH Seminar Room 5 and virtual

10-11.30am
Understanding Burnout
Virtual

11am-12pm
Move to Recharge
Poole Lecture Theatre

11am-12pm
The Science of Better Rest
Virtual

12-1pm
The Power of Your Plate
RBH Seminar Room 5

12-1pm
Understanding Autism at Work
Virtual

12.30-1.15pm
Menopause and Movement
Poole Lecture Theatre

1-4pm
Bereavement and loss
Virtual

1.30-2.15pm
Workplace Ergonomics
RBH Seminar Room 5 and virtual

8.30-8.45am
Start Well, End Well
Virtual

9-9.45am
Workplace Ergonomics
Poole Lecture Theatre

FRIDAY 26

9-10am
Habits and the Future You
Virtual

9-10am
Building Resilience
RBH Seminar Room 5

10-11am
Beat Stress With Breathing
Poole Lecture Theatre

10.30-11.30am
Chronic Stress and Burnout Workshop
RBH Seminar Room 5

12-1pm
Power of Your Plate
Virtual

3.30-3.45pm
Start Well, End Well
Virtual

FRIDAY 26