

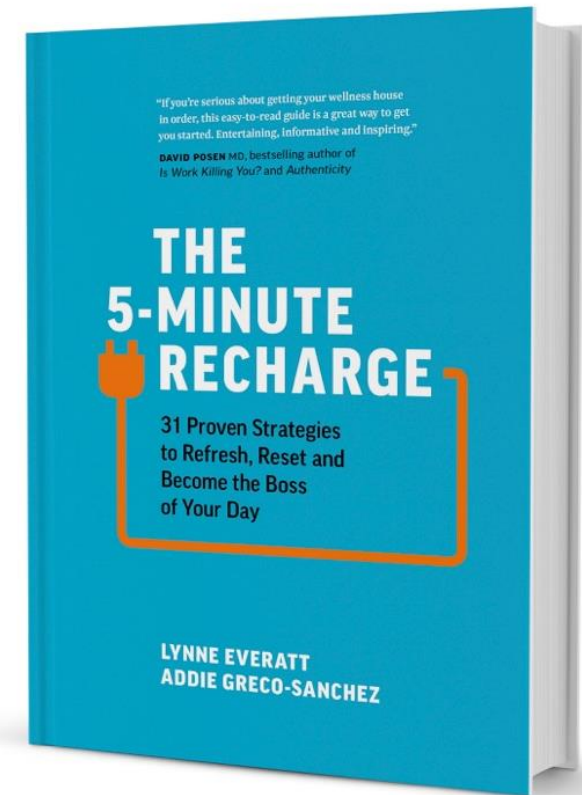


# Build Your Resilience – 5 Minutes at a Time

Presented to: OMSSA Mental Health Forum

Presented by: Addie Greco-Sanchez  
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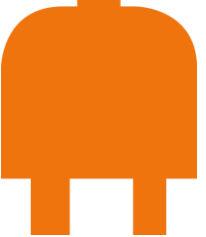
June 14, 2019





# What does panic look like?

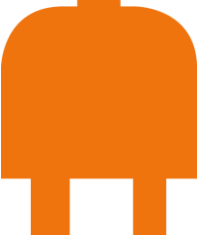
## *A Personal Story*





# The Five Pillars of Wellness

- 1 Sleep
- 2 Step
- 3 Sweat
- 4 Reflect
- 5 Connect





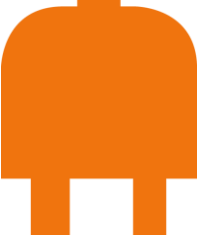
# Sleep

“[I] try to get as much sleep as I can . . . that’s the best recovery that you can possibly get.”

- LeBron James



**Your Invitation to Recharge:  
The Evening Wind-Down Routine**





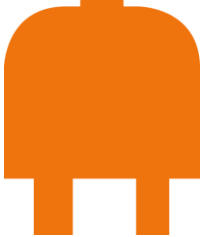
# Step

“It is only ideas gained from walking that have any worth.”

- Fredrich Nietzsche



**Your Invitation to Recharge:  
Create a Thinking Path**





# Sweat

“If exercise came in pill form, it would be hailed as the blockbuster drug of the century.”

- John Ratey

## YOUR BRAIN LOVES THE GYM

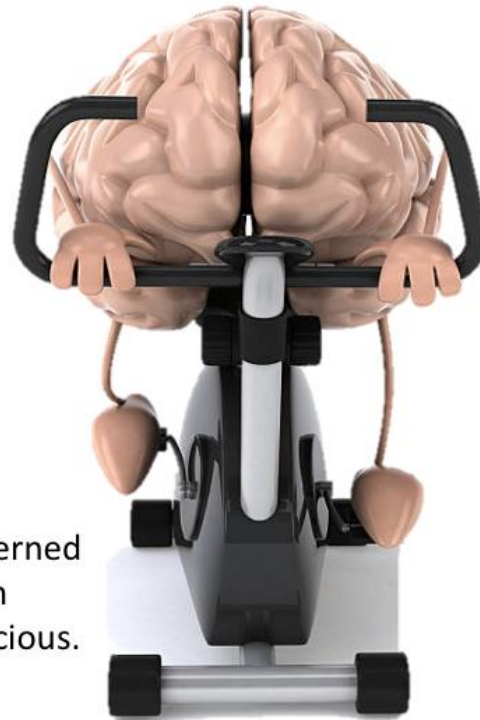
(and the sidewalk, bike trail, pool, tennis court...)

Norepinephrine is released, improving attention, perception and motivation

Brain-derived neurotrophic factor (BDNF) is released, protecting and repairing neurons from injury and degeneration

Hormones combine with BDNF to grow new brain cells, regulate mood and provide mental clarity

The hippocampus—the part of the brain concerned with learning and memory—grows in size with regular exercise and becomes positively bodacious.



Endorphins are released, dulling the sensation of pain (at the gym, pain is known as weakness leaving the body)

Serotonin is released, enhancing mood

Blood flow to the brain increases, delivering more oxygen and nutrients and improving waste removal (you don't want waste in your brain)

Dopamine is released, improving motivation, focus and learning





**Your Invitation to Recharge:  
Select a Sweat to try out**





“One good thing about music, when it hits you, you feel no pain.”

- Bob Marley

- There is no part of the brain that music doesn't touch
- Music enters our bodies and becomes part of us
- Therefore, you can use music to alter your mood...

**Your Invitation to Recharge:  
The Get-in-that-Zone Playlist**





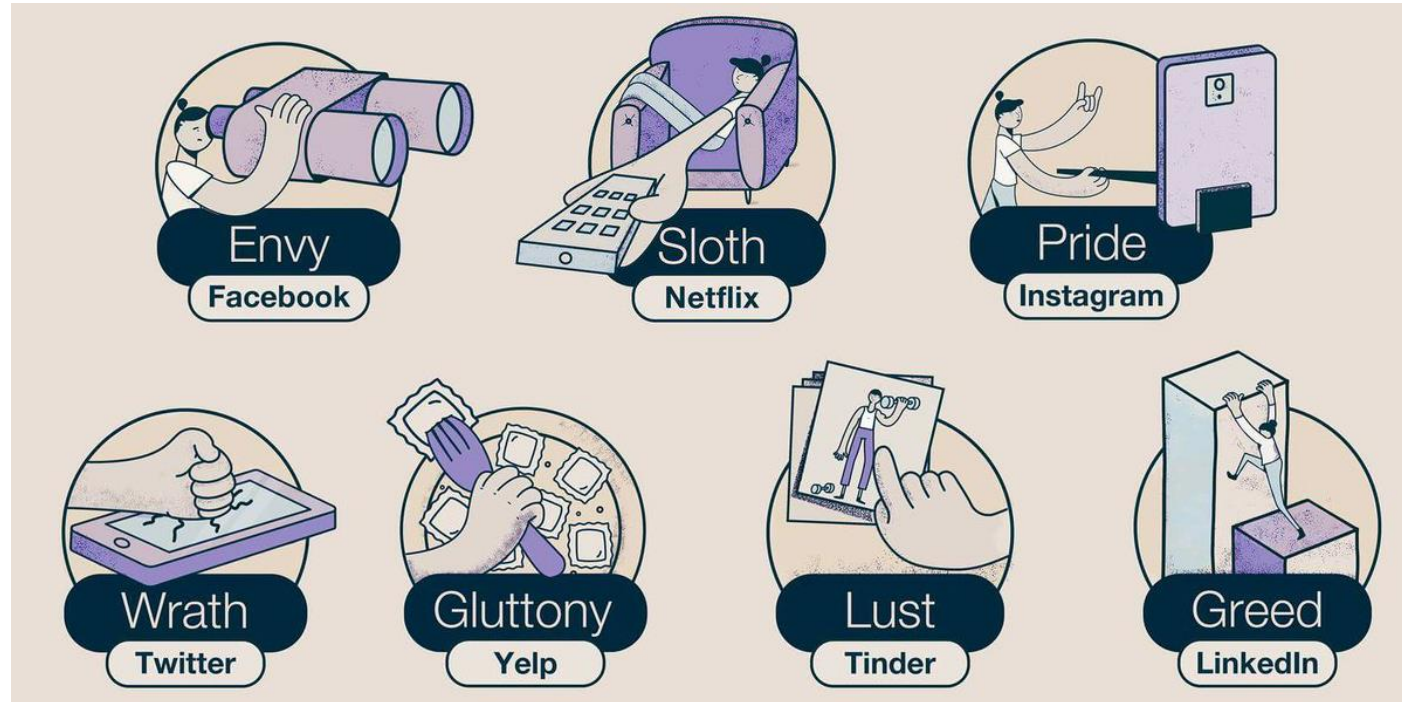


# Reflect



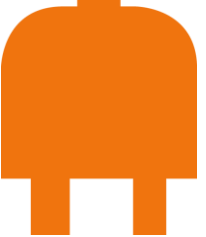


# Reflect



**Your Invitation to Recharge:**

**Enjoy the Sound of Silence without your phone**





# Connect

“A good life is built with good relationships.”

- Harvard researcher Robert J. Waldinger



 Ask the person seated next to you:  
“What was your highlight of the past 24 hours?”





# Connect

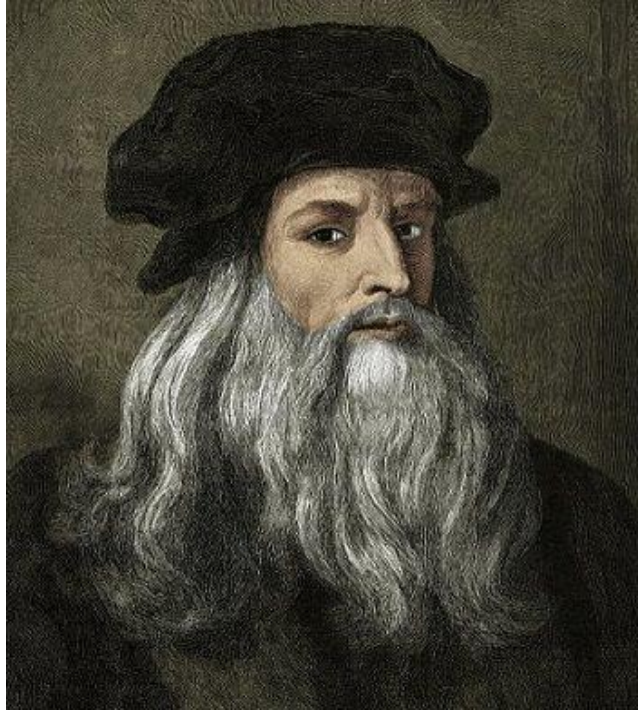
The people of Taquile Island, Peru



**Your Invitation to Recharge:**

**What one thing can you do today to strengthen a connection?**

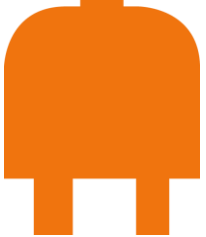




“The greatest geniuses sometimes accomplish more when they work less.”

- **Leonardo da Vinci**

**Your Final Invitation to Recharge:  
Three Wins and Five Priorities**





## Maximize your Mental, Physical and Emotional Wellbeing

1. Getting enough sleep—for most people this means 7 to 9 hours
2. Having five close friends you can confide in
3. Moving your body (and preferably sweating)
4. Expressing gratitude to yourself for what you have and to others for what they mean to you
5. Practicing self-compassion – treat yourself with the same care you'd offer a dear friend
6. Reflecting on what's working and isn't working in your life, ideally in writing
7. Having a sense of purpose based on your unique skills and values and dedicated to a cause greater than yourself
8. Savouring the present moment with gratitude
9. Being intentional in the way you use your smartphone
10. Pausing to breathe deeply whenever you're under pressure





# Thank you for listening!

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