

Building Personal Resilience

or

managing wellbeing & safety

without compromising performance

Mark Davies
mark@7futures.com



**Emotionally:
Angry, Frightened,
Frustrated, Worried**

**Can't concentrate / focus
Sometimes Dizzy / Lightheaded**

How do **YOU feel
when you're
having a Stress Response?**

**Sweating,
Feeling hot**

Tunnel Vision

**Tense muscles,
Trembling / Shaky**

**Dry Mouth,
Difficult to Swallow**

**Heart Pounding
(Palpitations)**



**Chest tightness,
Difficult to Breathe**

**Butterflies in the Stomach,
Feeling sick**



resources



NASA
behavioural biologists
elite military
sports science
elite sportsmen and women



“Resilience is the capacity to adapt successfully in the presence of risk and adversity” (Jensen and Fraser, 2005).



stress + recovery = resilience

it doesn't get easier....you just get **stronger**

BUT
CRITICAL NOT TO CONFUSE MENTAL STRENGTH WITH
RESILIENCE



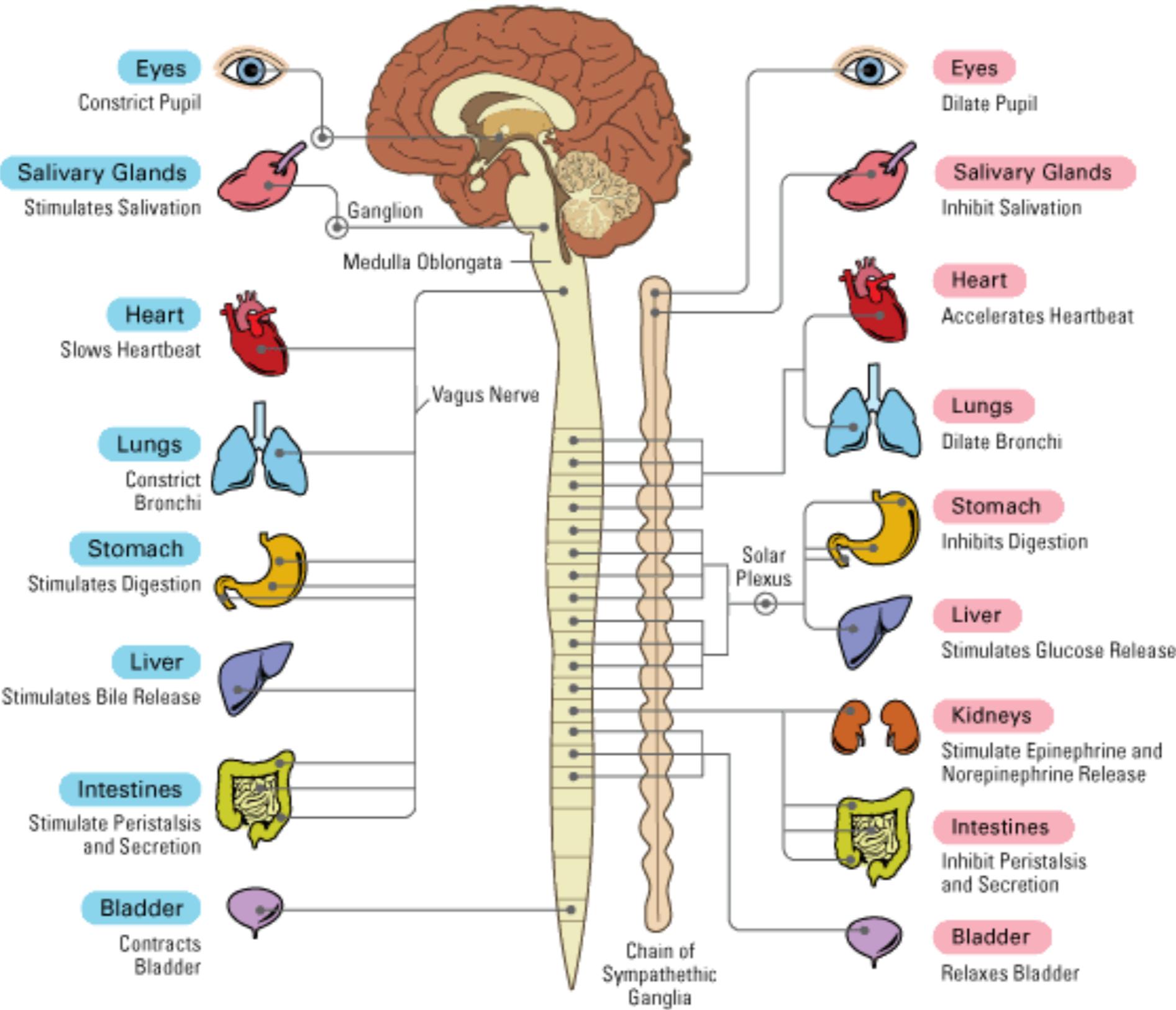
RESILIENCE IS NOT WELL UNDERSTOOD

WHY POLAR BEARS DON'T HAVE TO DO **YOGA**

"Discharging"
survival activation

internal world

Parasympathetic



Sympathetic

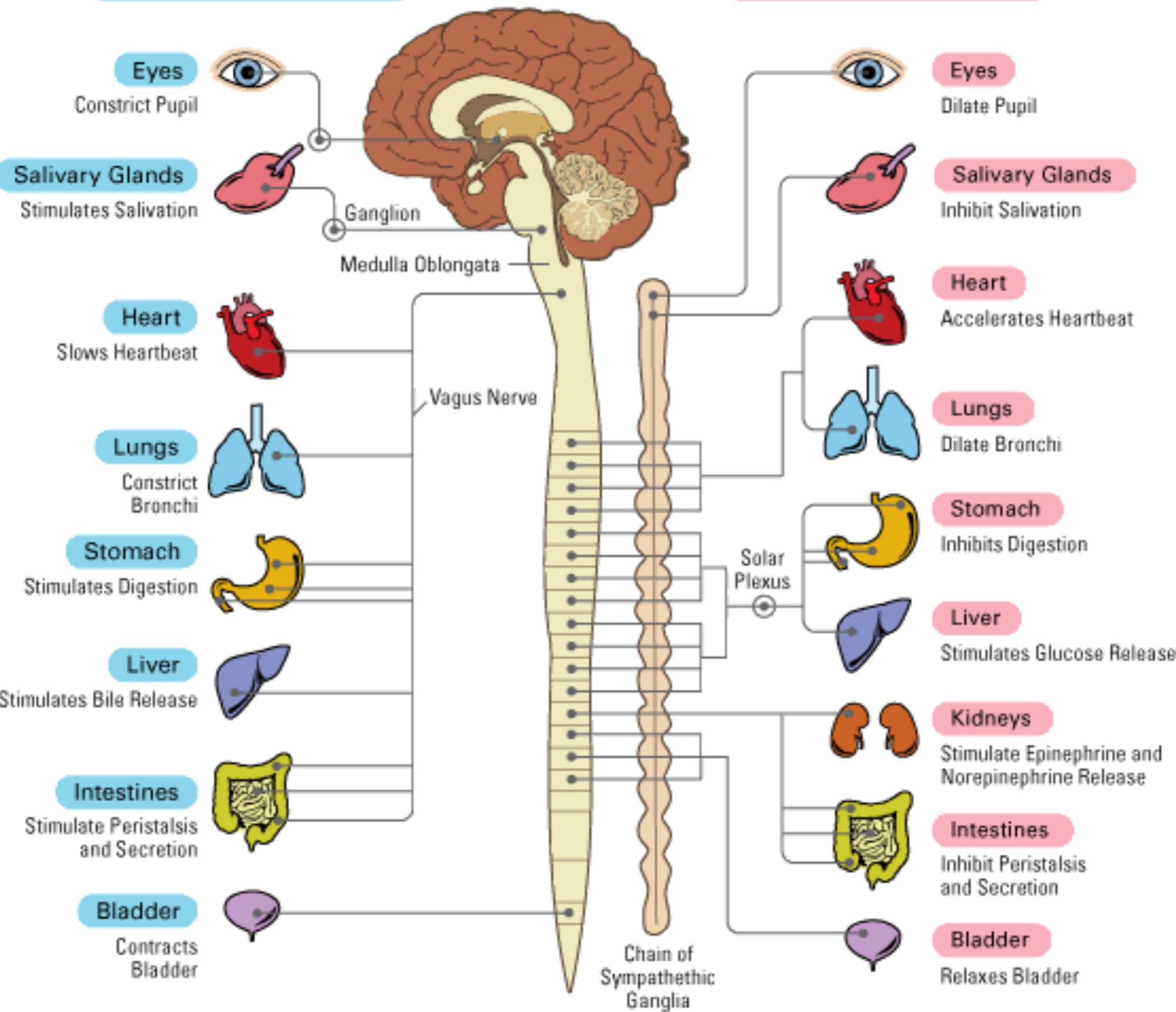
ACCELERATOR
external world

Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs



prosoposia

Parasympathetic



Sympathetic

Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

prosoposia

our ability to form social relationships, partnerships, teams and engage in collaborative behaviour depends upon the healthy development of our neural circuitry from 0 - 2



Oxytocin is released during the birth process and nursing. It is also released during activities that establish social bonds. When we sense our environment is safe the release of oxytocin allows us to enjoy social engagement and contact.





Sleep: Understanding and Improving Your Sleep

7+FUTURES

excellence in wellbeing, resilience & performance

Peak Performance

Nutrition



SLEEP

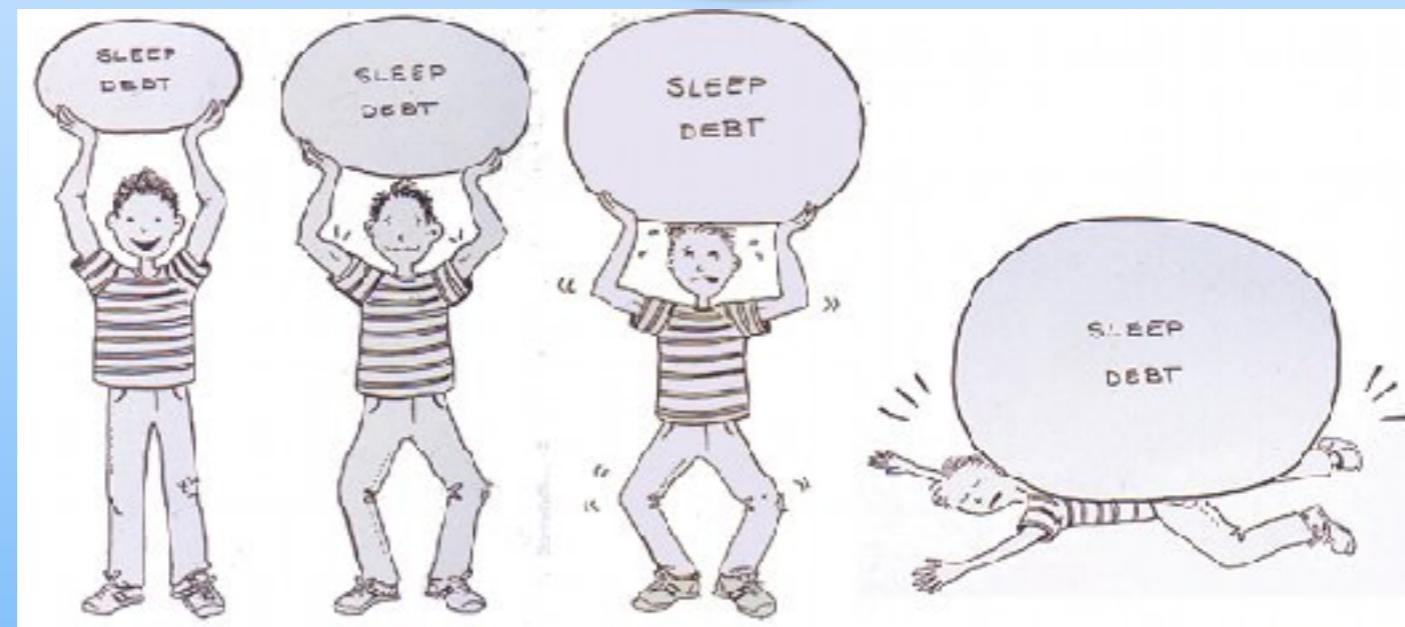


Hydration

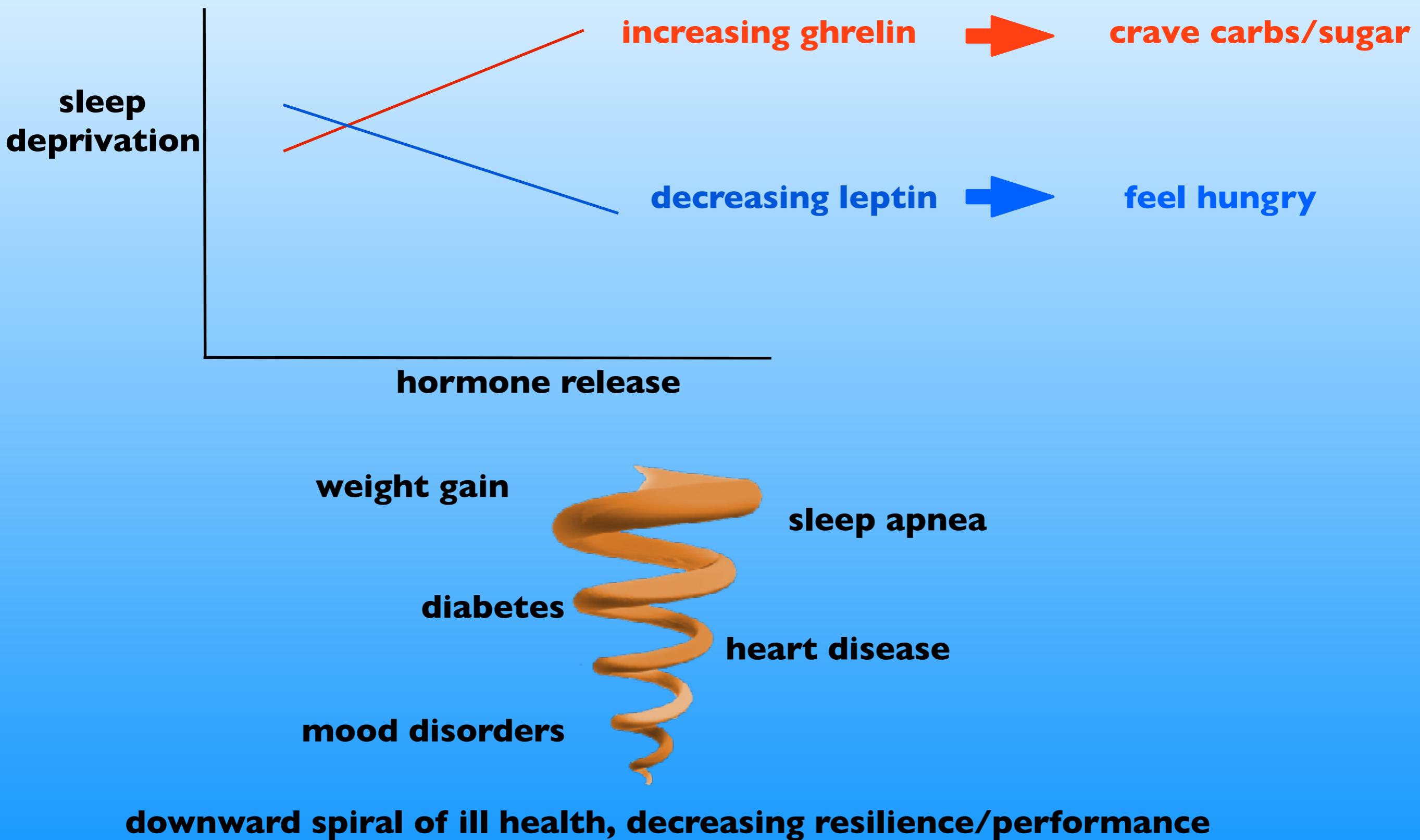


Pre Sleep Routine?

7FUTURES



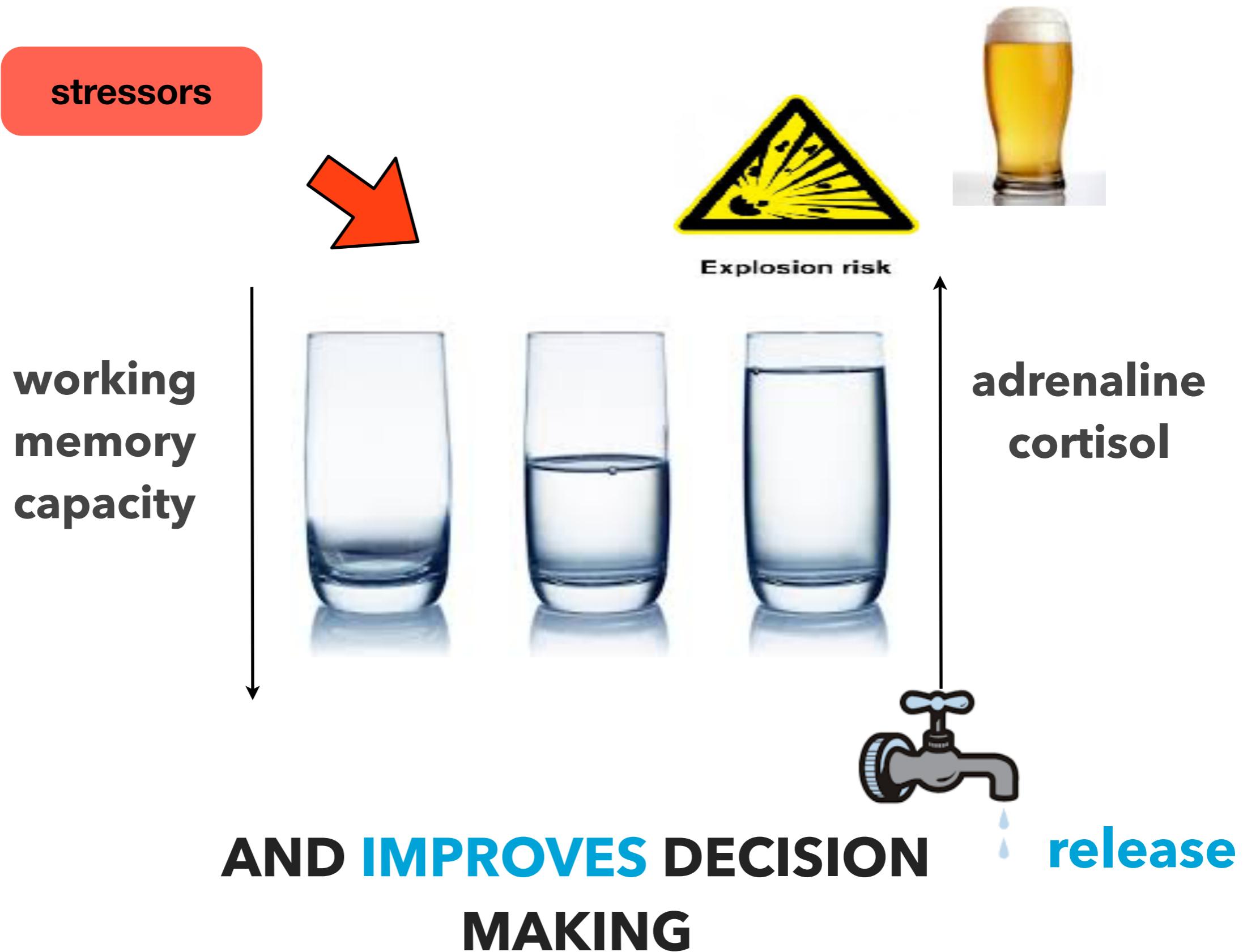
Getting The Basics Right - Or Hijack Your Recovery





Time	Day/Start Work 9am	Time	Day/Start Work 10pm
10.30pm	Pre Sleep	10pm	Start Work
12am	Cycle 1	11.30pm	
1.30am	Cycle 2	1am	Nap 20-30mins
3am	Cycle 3	2.30am	Lunch
4.30am	Cycle 4	4am	
6am	Cycle 5	5.30am	Finish Work
7.30am	Post Sleep/Breakfast	7am	Nap/Family
9am	Start Work	8.30am	Dinner
10.30am		10am	
12pm		11.30am	Pre Sleep
1.30pm	Lunch	1pm	Cycle 1
3pm		2.30pm	Cycle 2
4.30pm	Finish Work	4pm	Cycle 3
6pm		5.30pm	Cycle 4
7.30pm	Dinner	7pm	Post Sleep/Breakfast
9pm		8.30pm	Family/Caffeine Nap

MANAGE YOUR CORTISOL CUP



idling

brake



accelerate

**more efficient
& rapid
braking**



**greater range of
performance**

**do not neglect your rest and recovery
and very rarely compromise on
your sleep**

stress is less of the problem

caffeine
excessive alcohol
lack of sleep
video gaming
using technology late at night
not unplugging from work
over exercising
junk food
being at work when at home



not enjoying enough **rest**
more of the problem

**giving yourself permission
to rest**
socialising with friends
walking in nature, gardening
hot bath
watching comedies
pets
moderate regular exercise
yoga, tai chi, meditation
nourishing food
music, dancing, reading



sympathetic + parasympathetic = performance, resilience + wellbeing