

Building Personal Resilience
or
managing wellbeing & safety
without compromising performance

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

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

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

Tunnel Vision

**Sweating,
Feeling hot**

**Dry Mouth,
Difficult to Swallow**

**Tense muscles,
Trembling / Shaky**

**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

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

BUT

**CRITICAL NOT TO CONFUSE MENTAL STRENGTH WITH
RESILIENCE**



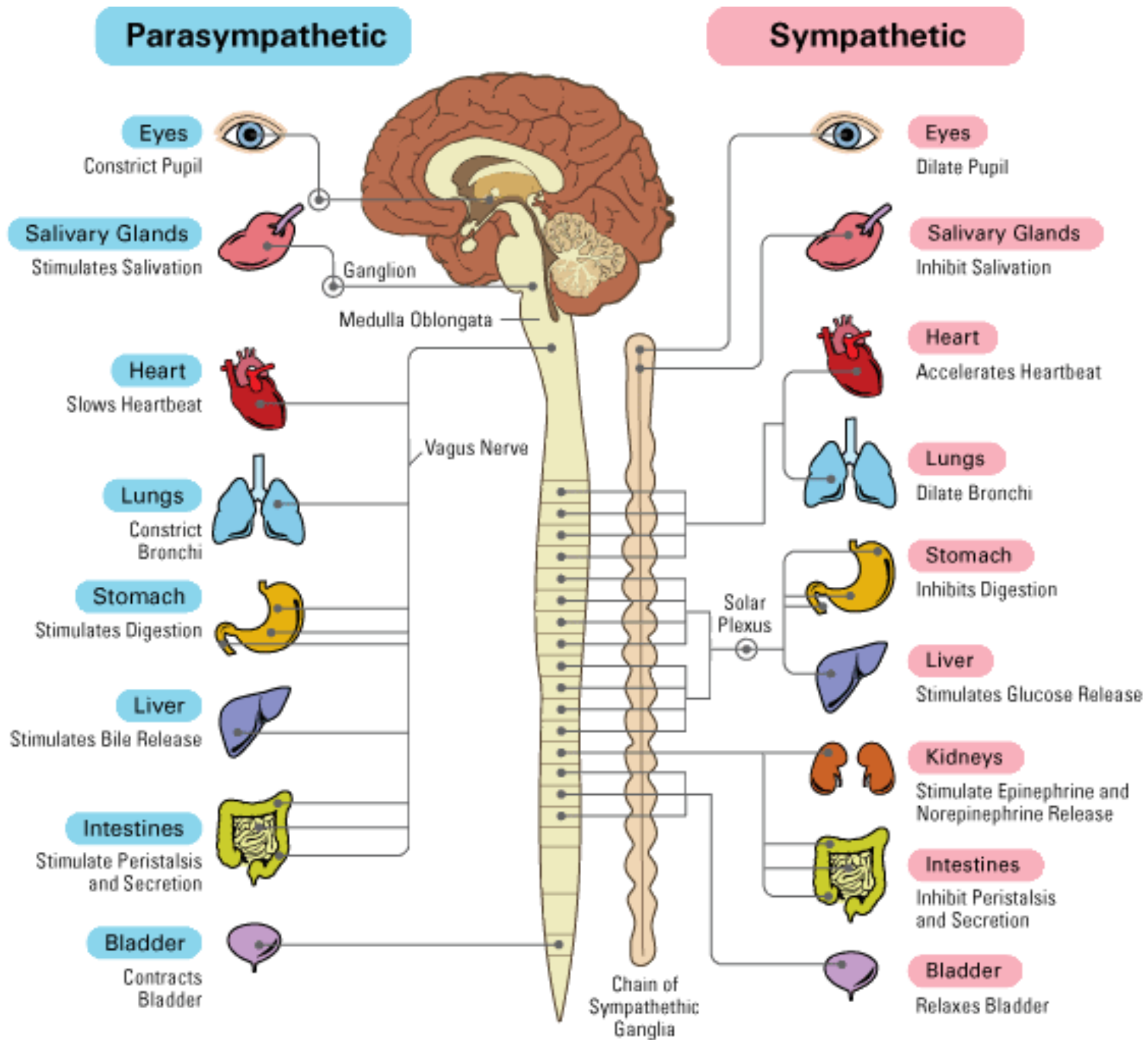
RESILIENCE IS NOT WELL UNDERSTOOD

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

**"Discharging"
survival activation**

**B
R
A
K
E**

**internal
world**

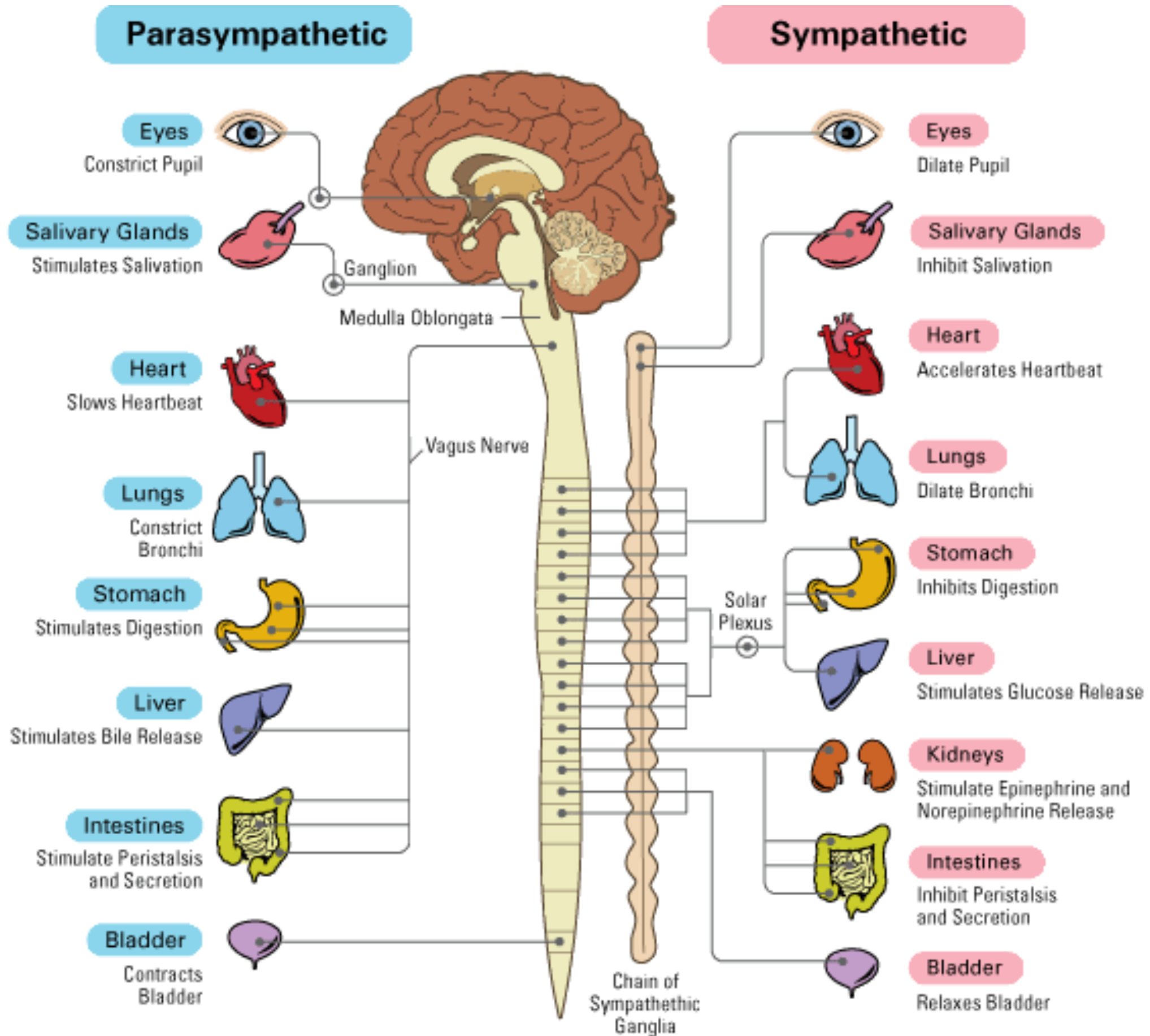


Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

**A
C
C
E
L
E
R
A
T
O
R**

**external
world**





Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

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 releasing the brain 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

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excellence in wellbeing, resilience & performance

Peak Performance

Nutrition



SLEEP

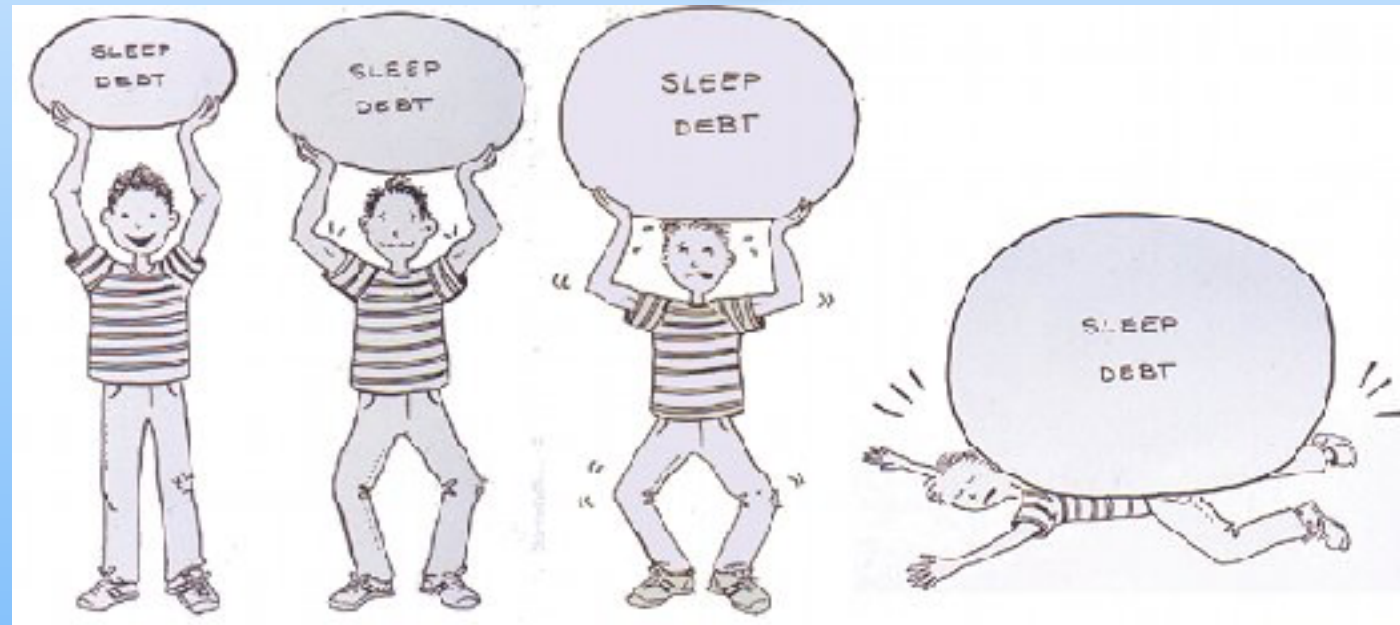


Hydration

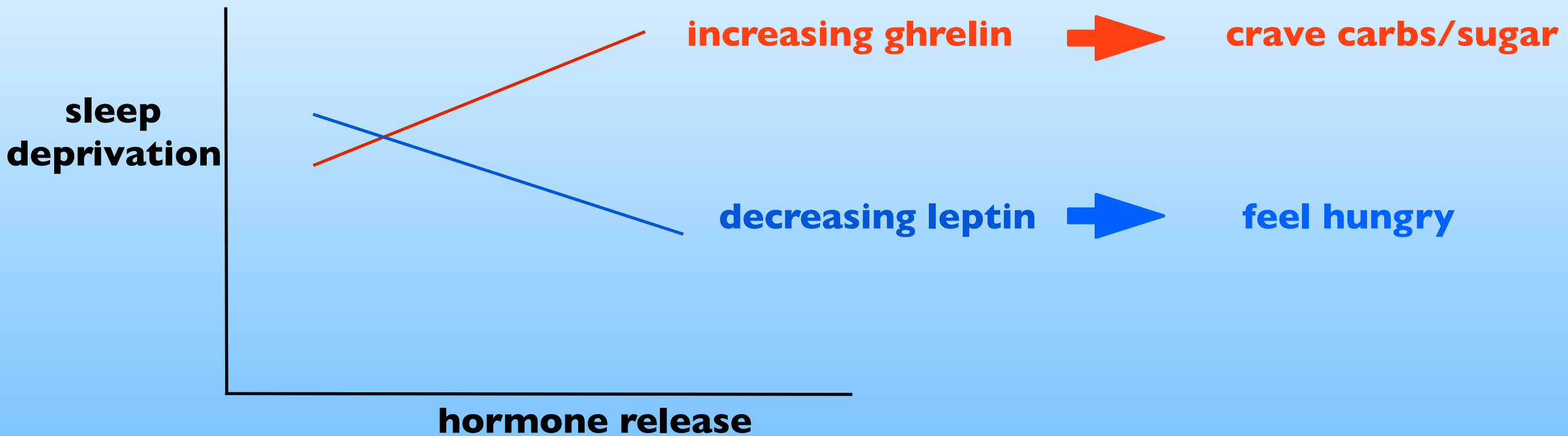


Pre Sleep Routine?

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Getting The Basics Right - Or Hijack Your Recovery



weight gain

sleep apnea

diabetes

heart disease

mood disorders

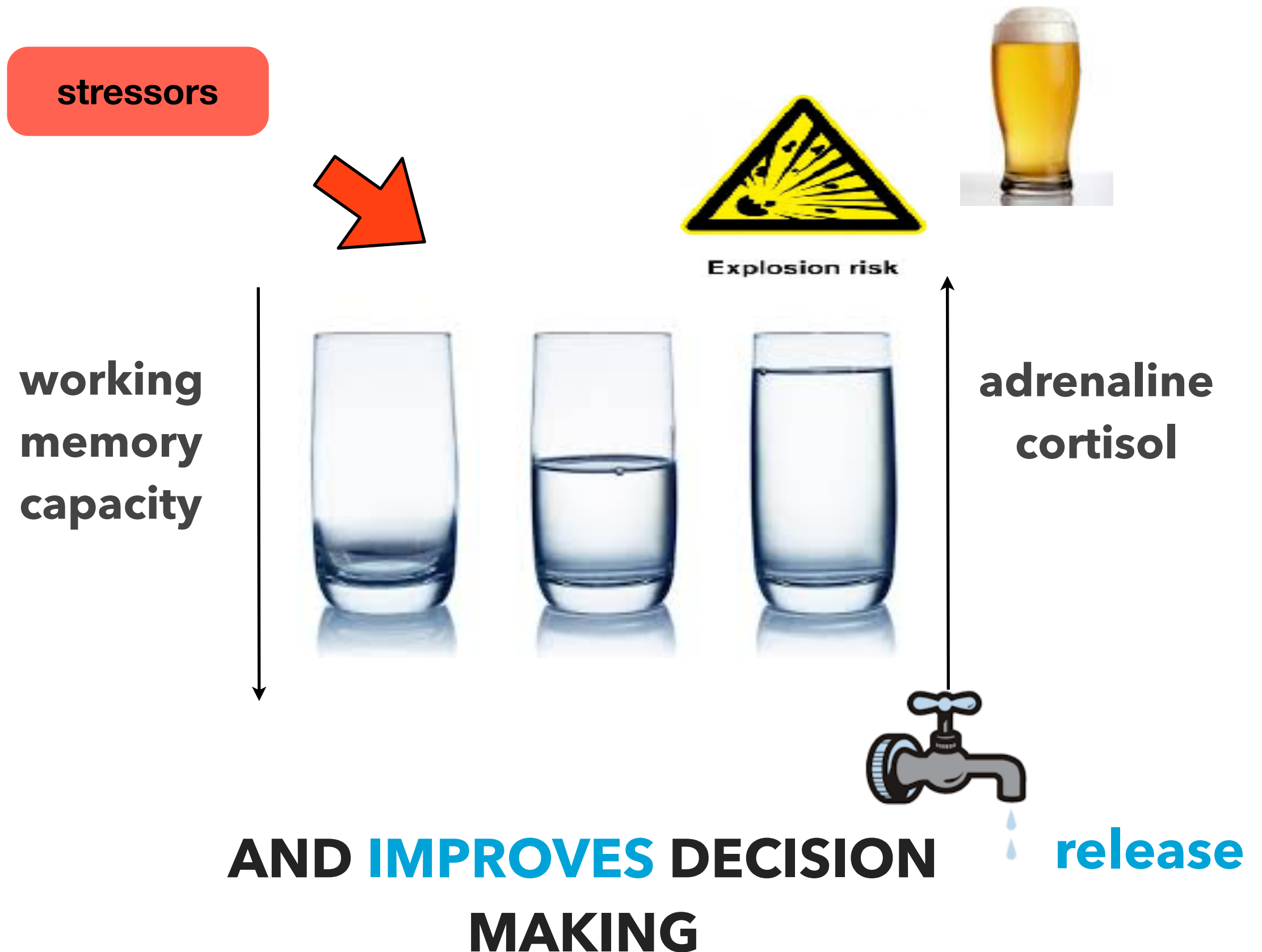
downward spiral of ill health, decreasing resilience/performance



Time	Day/Start Work 9am
10.30pm	Pre Sleep
12am	Cycle 1
1.30am	Cycle 2
3am	Cycle 3
4.30am	Cycle 4
6am	Cycle 5
7.30am	Post Sleep/Breakfast
9am	Start Work
10.30am	
12pm	
1.30pm	Lunch
3pm	
4.30pm	Finish Work
6pm	
7.30pm	Dinner
9pm	

Time	Day/Start Work 10pm
10pm	Start Work
11.30pm	
1am	Nap 20-30mins
2.30am	Lunch
4am	
5.30am	Finish Work
7am	Nap/Family
8.30am	Dinner
10am	
11.30am	Pre Sleep
1pm	Cycle 1
2.30pm	Cycle 2
4pm	Cycle 3
5.30pm	Cycle 4
7pm	Post Sleep/Breakfast
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

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

**caffeine
excessive alcohol
lack of sleep
video gaming**



**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**

**using technology late at night
not unplugging from work
over exercising
junk food
being at work when at home**



sympathetic + parasympathetic = performance, resilience + wellbeing