

BUILDING EMOTIONAL FITNESS TO LEAD DURING DIFFICULT TIMES

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Ground Rules

- This session is for you, so please participate.
- These are tricks and tips that worked for me, but might not be right for everyone or every situation. Please consult a coach or physician to find a program that is best for you.
- No animals were harmed during the creation of this presentation, and please support your pet rescue groups.



Think About How You Feel Right Now

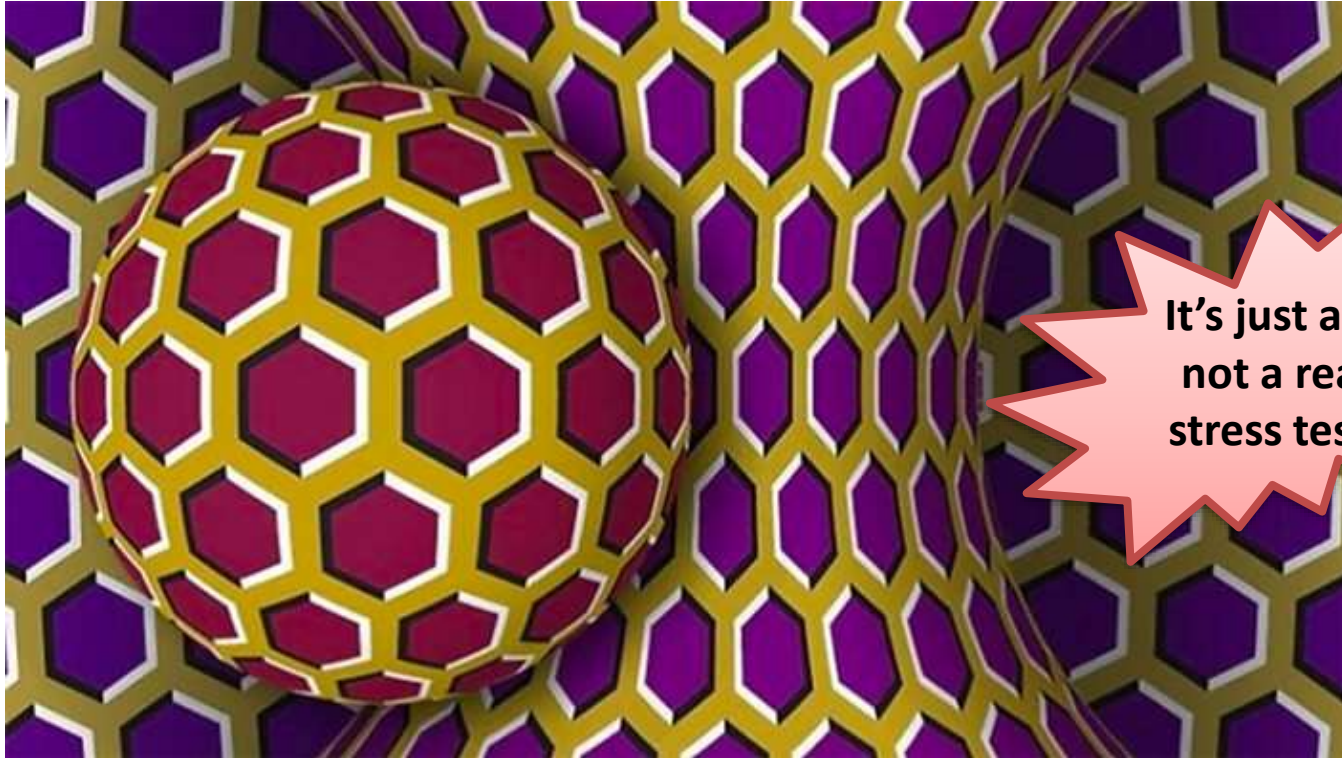


Photo by [Jack Sparrow](#) from [Pexels](#)



Photo by [Oladimeji Ajegbile](#) from [Pexels](#)

Stress Test - How Fast Is the Image Spinning?



It's just art,
not a real
stress test!

Image by Yurii Perepadia

It's not reality; it's how you face reality and keep moving forward.



<https://shirt.woot.com/offers/embrace>

Emotional Fitness

Being emotionally and mentally ready for anything (well, most things)

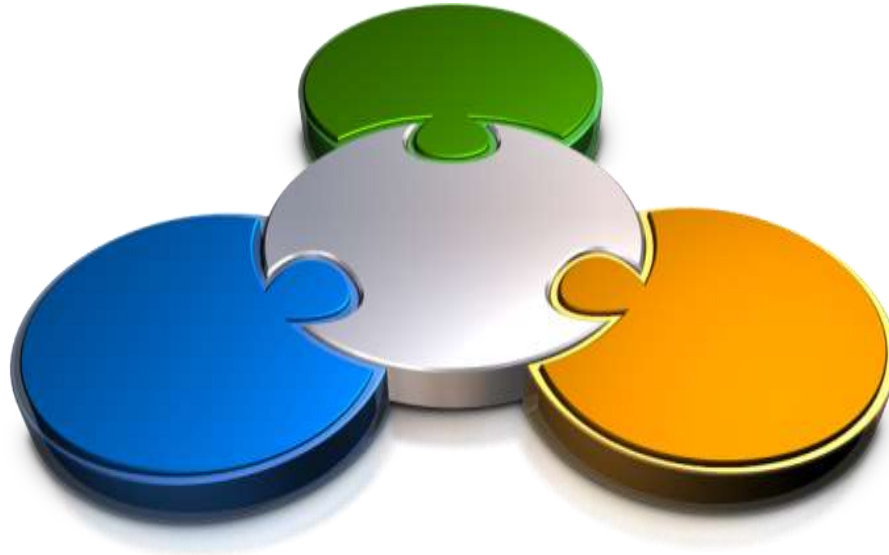


Photo by [Peggy Anke](#) from [Pexels](#)

Why Emotional Fitness Matters

Prepares us to survive crises and everyday challenges

Gives us a competitive advantage



Reduces the risk and impact of PTSD and chronic stress

**In the fields of observation,
chance favours only the
prepared mind.
- Louis Pasteur**

Lecture, University of Lille (7 December 1854)

**If you are prepared, you
will outperform others and
be in a better position to
lead and succeed.**

- Hans Eckman

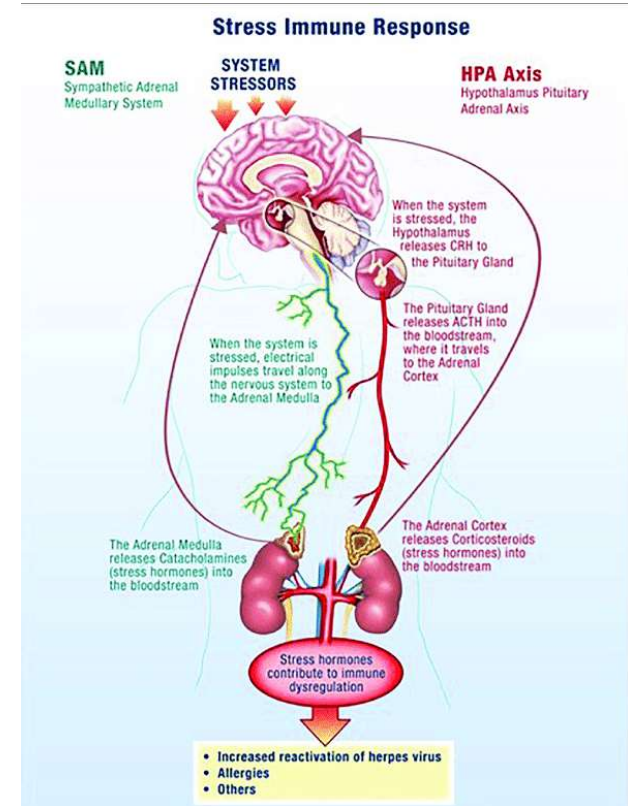
Stress Response

Short term stress:

- “Fight or Flight” - Sympathomedullary Pathway (SAM)

Long term stress:

- Hypothalamic Pituitary-Adrenal (HPA) system



[Herpes Virus Reactivation in Astronauts During Spaceflight and Its Application on Earth](#)

Sympathomedullary Pathway (SAM)



Increased heart rate



Increased breathing
rate and bronchial
dilation

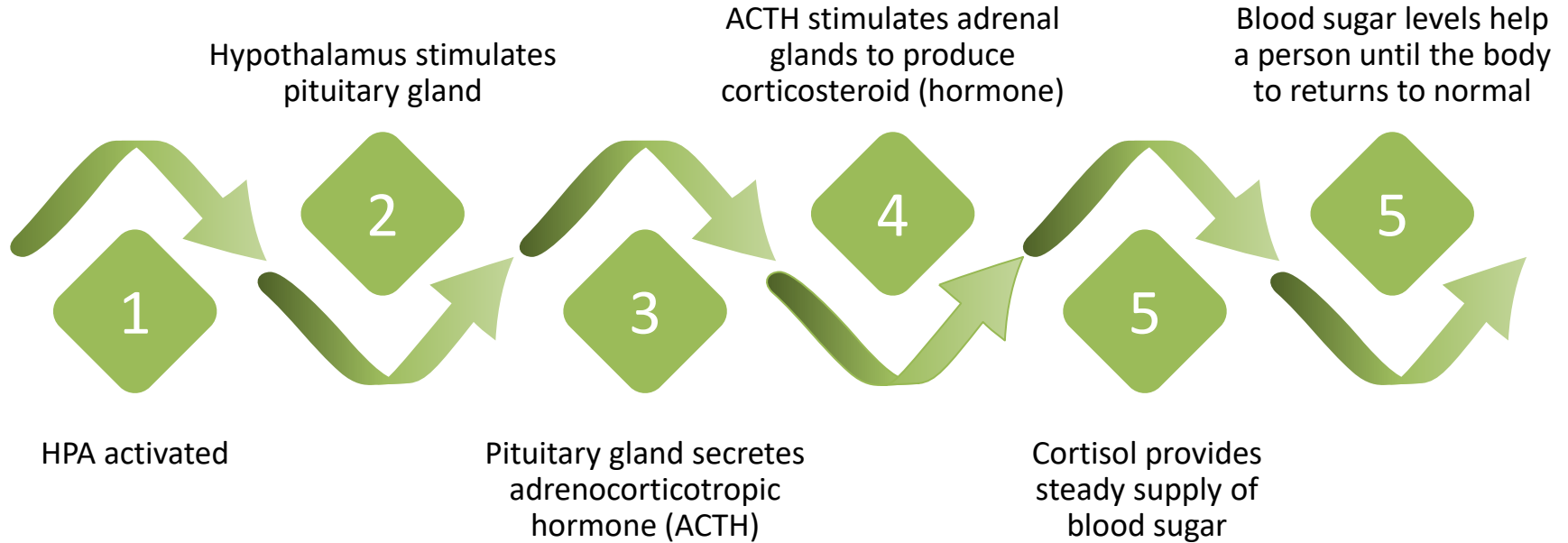


Decreased digestive
activity



Released glucose
from liver for
energy

Hypothalamic Pituitary-Adrenal (HPA)



[What is the Stress Response?](#)

Consequences of Long-term Stress

- Mental health: depression, anxiety, and personality disorders
- Cardiovascular: heart disease, high blood pressure, heart attacks, stroke
- Obesity and eating disorders
- Menstrual problems
- Sexual dysfunction
- Skin and hair problems: acne, psoriasis, eczema, and permanent hair loss
- Gastrointestinal: GERD, gastritis, ulcerative colitis, and irritable colon
- Muscles in the body stay in a tense state of guardedness
- Increased immune system activation: chronic fatigue, metabolic disorders, depression, and immune disorders
- Changes in gut bacteria which influence mood
- Weakening of the intestinal barrier allowing bacteria to enter the body
- Repeated triggering of physical reactions wears out the body
- Increased inflammation

[What are the consequences of long-term stress?; Stress Symptoms](#)

[Stress effects on the body](#)

Which woman has a normal, healthy body?



Cognitive Restructuring

- Interrupting and redirecting destructive and self-defeating thought patterns that create a distorted or unhealthy view of reality



These are all the same model. Photos by [Jake Ryan](#) from [Pexels](#)

Cognitive Restructuring - Techniques

Self-monitoring

Generating
alternatives

Questioning your
assumptions



Gathering evidence

Performing a
cost-benefit analysis

[How to Change Negative Thinking with Cognitive Restructuring](#)

Mindfulness

Focused awareness and acceptance

- Thoughts
- Feelings
- Mood
- Body

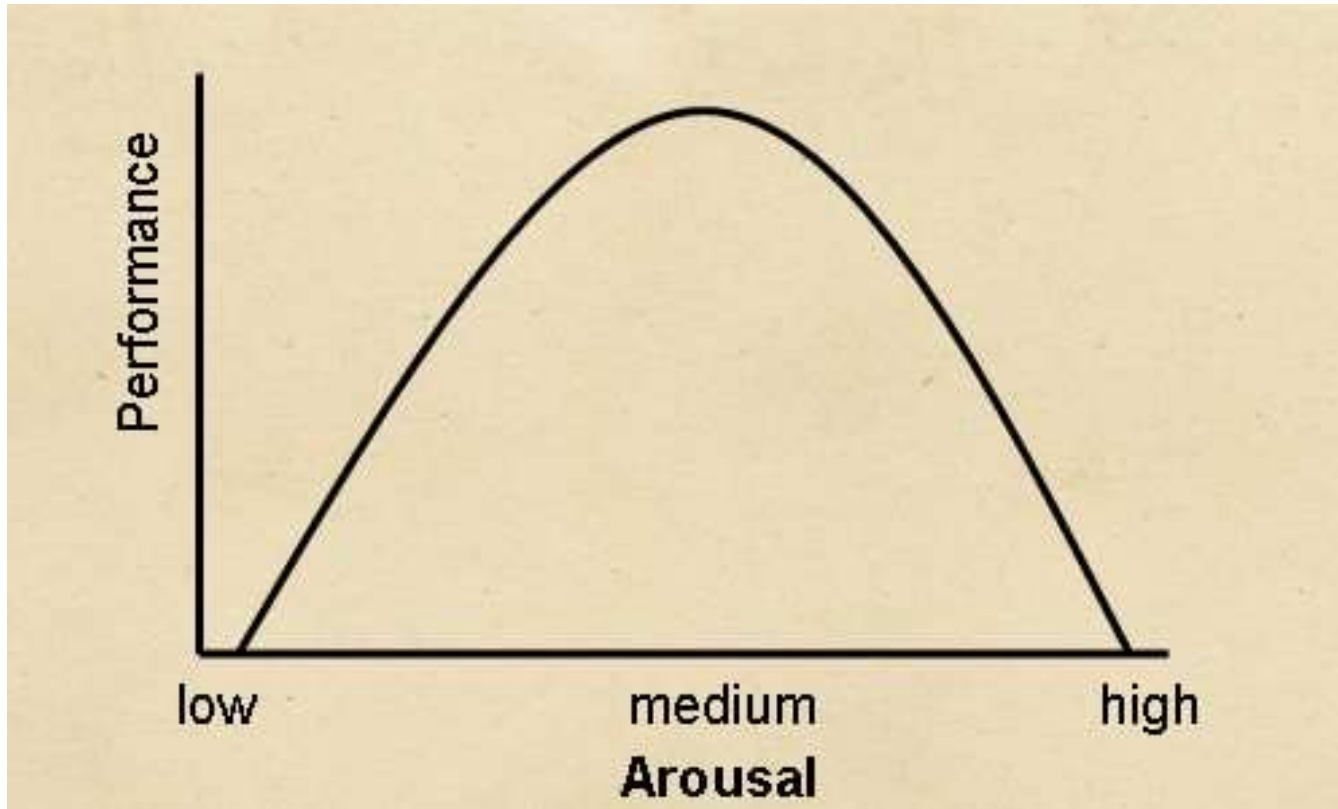


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Mindfulness



Color Code of Awareness



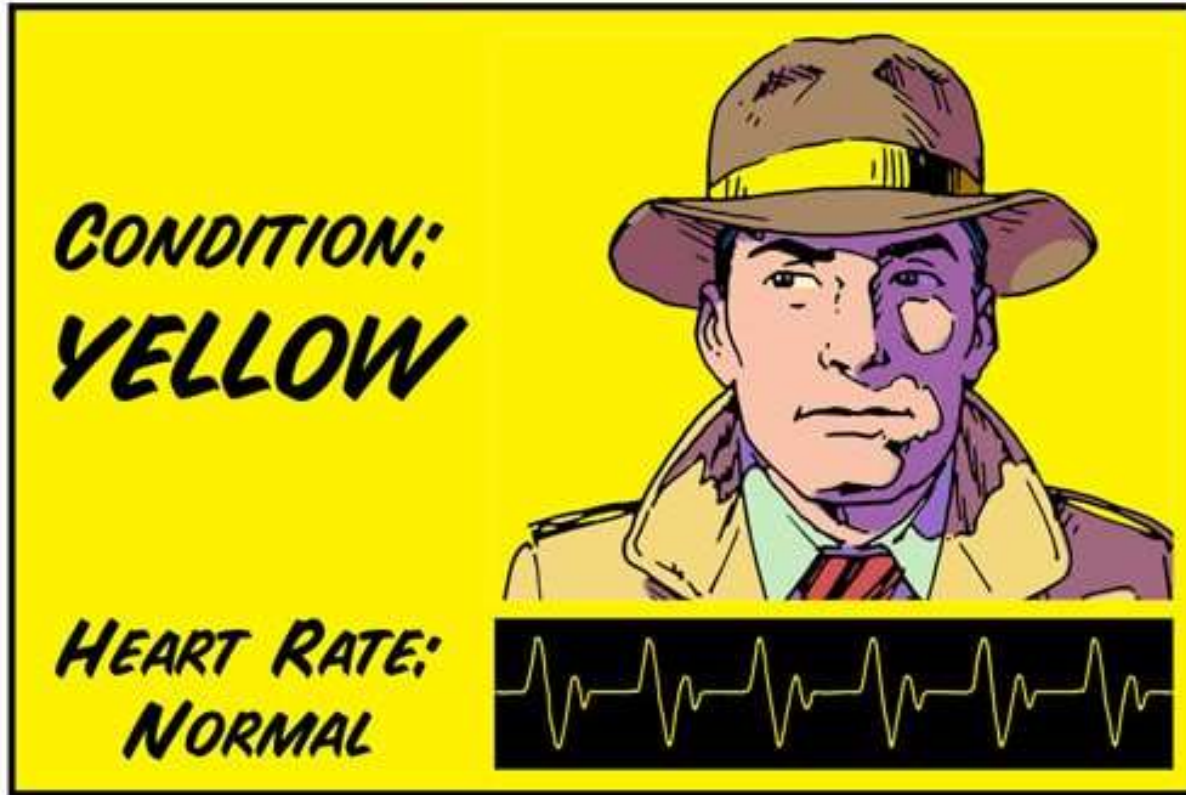
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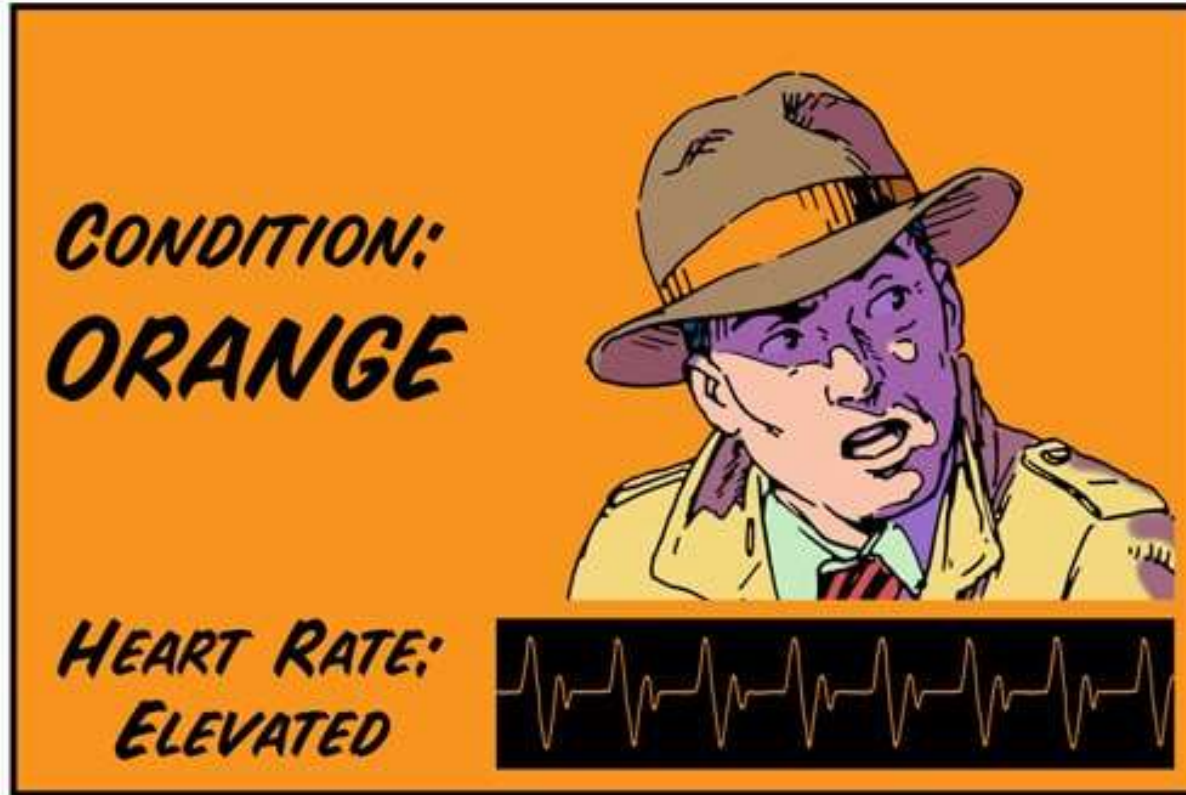
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Volume Isn't Reality



Photos by [Pixabay](#) from [Pexels](#)

Escape the Echo Chamber

Confirmation Bias



Photo by [Pixabay](#) from [Pexels](#)

Unplug from the News



Photo by [Pressmaster](#) from [Pexels](#)

Serenity Poem Applied

*Grant me the serenity to Accept
the things I cannot Change,*

*Courage to Change the things I can,
and Wisdom to know the Difference.*

Photo by [Tim Mossholder](#) from [Pexels](#)

Be Prepared to Reduce Stress and Fear



Photo by [Anna Shvets](#) from [Pexels](#)



Photo by [Yaroslav Danylchenko](#) from [Pexels](#)

Other Techniques

Rehearsal and Role Playing

- Talk through the challenge or confrontation you are dreading.
- Play the conversation from the perspective of different participants.
- Repeat the conversation until you feel comfortable with each angle.

Outcome Based Visualization

- Visualize what success would look like.
- How would you know if things had changed?
- What would need to happen to get there?

[Outcome Based Treatment](#); [The Science Behind Outcome-based Mental Health Care](#); [Switch: How to Change Things When Change Is Hard](#)

Emotional Validation

Tolerating and accepting emotional discomfort

“Negative feelings, no matter how intense, can’t actually hurt us.”

- Nick Wignall



[Emotional Fitness: 3 Essential Habits for Better Mental Health](#)

Use Breathing to Center Yourself

- Slowly inhale a deep breath for 4 seconds.
- Hold the breath in for 4 seconds.
- Slowly exhale the breath out for 4 seconds.
- Hold the empty breath for 4 seconds.
- Repeat until your breathing is under control.



Photo by [Cliff Booth](#) from [Pexels](#)

**If you are prepared, you
will outperform others and
be in a better position to
lead and succeed.**

- Hans Eckman

Help is only a message away

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