



ACTIVATE

2023 | NATIONAL WELLNESS CONFERENCE

Bring It On!

How to Build Resilience to Thrive in Today's World

David Lee, MEd



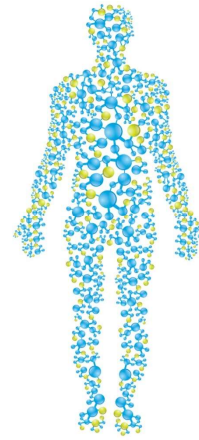


Make Your Mind Your Friend



#1

Work With the Mind/Body Connection



#2

Change Your State; Change Your World



**Your
State
Shapes
How You
See the
World**





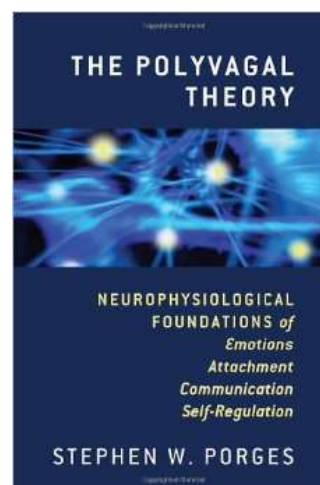




Your State Determines Your Performance:
How You “Show Up” and How You Respond

“Our nervous system needs to be in a specific physiological state to promote bold ideas, creativity, and positive social behavior.”

Dr. Stephen Porges





Your State Determines Your Performance:
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Your State Determines Your Performance: How You “Show Up” and How You Respond



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Polyvagal Institute
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Approaching Difficult Conversations, the Polyvagal Way

Productive, relationship-enhancing methods for responding to conflict.



**Your Ability to
Shift Your State
Profoundly
Influences
Your View of
the World,
Response
to the World,
and Your
Resilience**

Movement, Music, and Inspirational Videos





Harness The Power of Power Ups



SAN FRANCISCO 2014

June 10-13

The Science of How Games Make Us Stronger



Highly Acclaimed TED Speaker

Mainstage Talk by

Jane McGonigal

How to Use Power Ups to Shift Your State, Keep Your Energy High, and Boost Resilience



Power Ups Are a Powerful Tool to Shift Your State and Boost Your Energy...



Perceive the World “Show Up” Respond



Your State Determines Your Performance:
How You “Show Up” and How You Respond



Your State Determines Your Performance:
How You “Show Up” and How You Respond

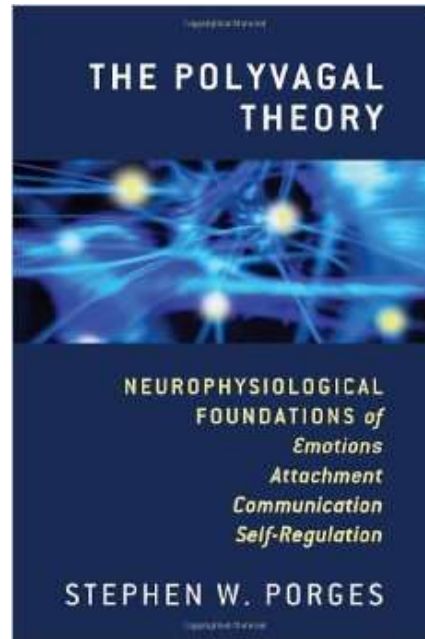


Your State Determines Your Performance:
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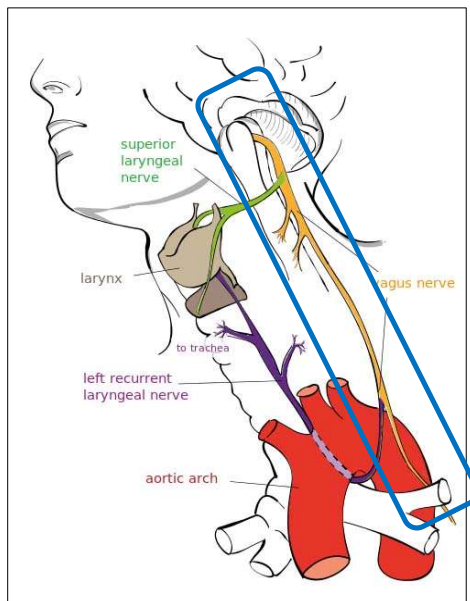
A “Power Up Practice” Also Boosts Resilience



How Power Ups Boost Mood and Build Resilience




They Do It By Strengthening Vagal Tone



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Find a Therapist City or Zip


 **Christopher Bergland**
The Athlete's Way

The Neurobiology of Grace Under Pressure


8 habits that stimulate your vagus nerve and keep you calm, cool, and collected. [Like 19K](#)

Posted Feb 02, 2013

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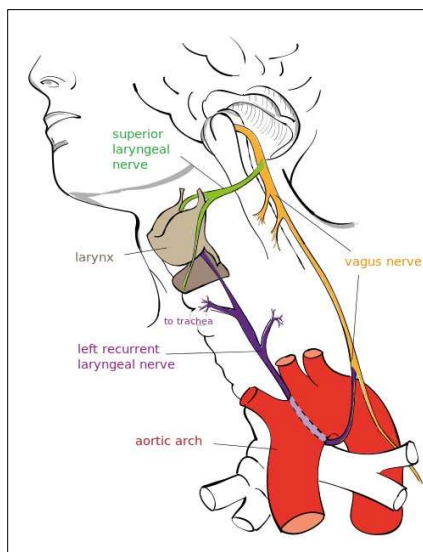
 When was the last time that you had to perform gracefully in a high-pressure situation? How did you handle it? Did you choke or did you have grace under pressure? Researchers continue to confirm that daily habits of mindset and

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Strong Vagal Tone Makes You...

1. Less reactive
2. Less affected by difficult people and difficult circumstances





**How to
Strengthen
Your Vagal Tone
and
Build
Resilience**

**Microbursts
of Positive
Emotions**



**Not
orchestrating—or
waiting for—some
big uplifting
occasion
or...**



**Trying to reduce
your negative
emotions.**





Seek Out &
Create Little
Microbursts

Be Present.
Soak It Up.



Notice and Appreciate the Little Things



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News > Watching funny cat videos at work can boost your productivity according to study

Members in the Media
From: **TODAY**

Watching funny cat videos at work can boost your productivity according to study

March 25, 2016
TAGS: EMOTION | HUMOR | INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY | LAUGHTER | TASK PERFORMANCE | WORK | WORKPLACE

TODAY:

Feeling guilty about watching cat videos at work? Don't be. Science is here to tell you it's OK.

Watching Quokka Videos Reduced Stress Levels By Up To 50%!



30 Minute Exposure Reduced BP, HR, and Anxiety Levels

- The average group blood pressure fell from 136/88 to 115/71
- Anxiety levels dropped by an average of 35 per cent

Source: https://www.dailymail.co.uk/travel/travel_news/article-8767551/How-watching-cute-animals-reduce-stress-levels-50.html

How to Use Power Ups to Shift Your State, Keep Your Energy High, and Boost Resilience



Remind Yourself Who You Really Are: Change Your State and Change Your Identity



I won't be able to
handle that HUGE
problem...I'm just little
ol' me!



If You Want To COMPLETELY CHANGE Your Life In 30 Days, WATCH THIS! | Tony Robbins



Remind Yourself Who You Really Are: Change Your State and Change Your Identity

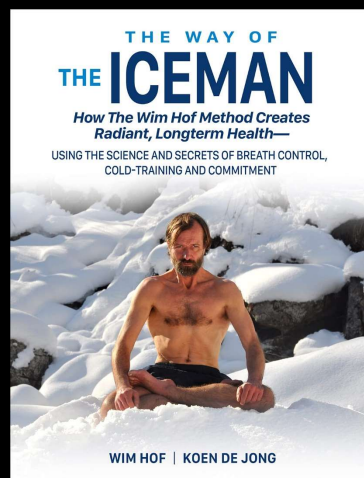
1. “If I could handle THAT...I can handle this!”
Experiences
2. “I didn’t think I could....but I did!”
Experiences



“Choose Challenge” to Strengthen Identity and Resilience

“Do something everyday for no other reason than you would rather not do it, so that when the hour of dire need draws nigh, it may find you not unnerved and untrained to stand the test.”

William James



“Choose Challenge” to Strengthen Identity and Resilience

12/26/21



“Choose Challenge” to Strengthen Identity and Resilience



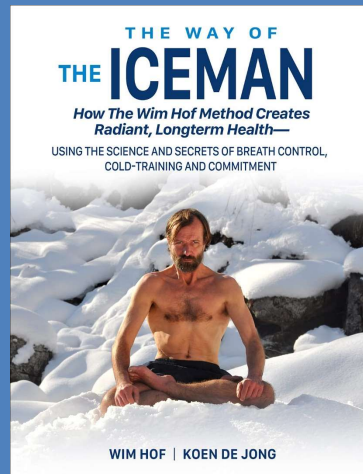
What would be a good challenge for you to choose?



“Choose Challenge” to Strengthen Identity and Resilience

“Do something everyday for no other reason than you would rather not do it, so that when the hour of dire need draws nigh, it may find you not unnerved and untrained to stand the test.”

William James







Every negative event contains within
it the seed of an equal or greater
benefit.

— *Napoleon Hill* —

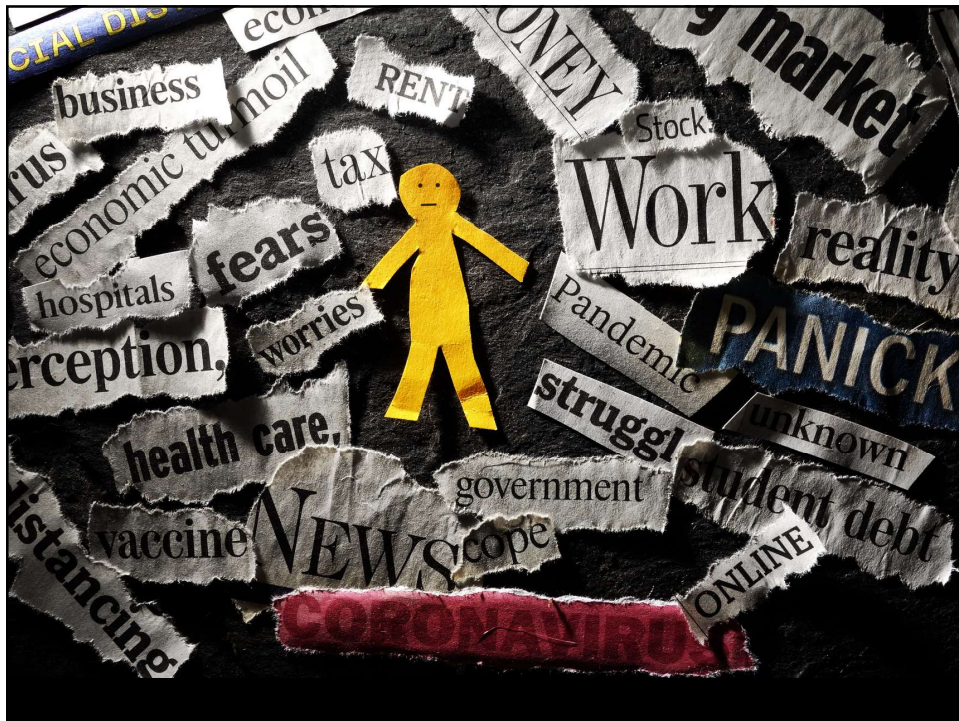
AZ QUOTES

**Tune Your Brain To See the
Opportunities and Gifts...**




The "Crisis Station"

**The "Hidden
Opportunity and
Gifts Station"**






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Thank you!

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