Leading the Self: Resilience in the Era of COVID-19

A Virtual Discussion

Eileen T. O’Grady PhD, RN, NP
Certified Nurse Practitioner and Wellness Coach
www.eileenogrady.net
POLL

Right now, what describes your state of MIND:

1. Doing better than expected.
2. I'm getting on my own nerves.
3. Everything is great, just great, (clenched teeth, forced smile).
4. Barely hanging on.
Today

- Validation
- TOOLS
  - Attention
  - Agility
  - Agency

School of Wellness
Revolutionizing Self-Care
Validation
Acknowledge Feelings
Attention
Brain Health

- Negativity Narrows
- Positivity Builds and Broadens Cognitive Ability
- Interrupt LOOPING
- Self-Pity is Corrosive (to host and those in proximity)
- We can Learn to Not React!
What are you watering?
Agility
My Holiday Plans

- Identify your Habitat
- Make friends with the future
- Mindset – Growth VS Fixed
- Experiment
Know your Habitat

Cynefin *(habitat)* Framework

Get Friendly with the Future (Unknown)
Two Mindsets

**Growth Mindset**
- Desire to learn
- Embrace challenge
- Persists in setbacks
- Learns from criticism
- Inspired by others success

**Fixed Mindset**
- Desires to “look” smart
- Avoids challenge
- Gives up easily
- Ignores feedback
- Threatened by others success


Agility
Agility

Experiment

- Fun
- Easy
- LEARN as you go

- Breakfast for dinner
- Culture of Wellness
- 30-day challenges


School of Wellness
Revolutionizing Self-Care
What’s working well in your life right now?

Breakout rooms, Groups of three
3 minutes each- assign a timekeeper
Agency

the capacity for people to act independently and to make their own choices

MOST problems can be solved with discipline
Selfish vs. Self-care
The Theory of Well-Being

The aim of positive psychology is to increase well-being measured by flourishing PERMA

Positive Emotion
Feelings that FEEL GOOD

Engagement
Being in FLOW completely absorbing activity

Achievement Mastery

Relationships with Others
Other people matter and very little in Life that is positive is solitary

Meaning & Purpose
Belonging to and serving something that is bigger than the self

71,000 ICD-10 codes
600 DSM-5 codes

Venn Diagram your Life
Our 3 Marriages

The Self

Our Work

Significant Others

Balance

Resources/Favorites

- Podcasts on Health and Wellness
  - Kelly Corrigan Wonders
  - The Happiness Lab @ Yale
  - How’s Work? with Esther Perel and Where Should we Begin? (live couples counseling)
  - Unlocking Us and Dare to Lead with Brené Brown
  - The Knowledge Project
  - WorkLife with Adam Grant: A TED original podcast
  - Phit ‘N Phat: How to Lose 100 pounds
  - Found My Fitness with Dr. Rhonda Patrick
  - Peter Attia MD: The Drive: Optimizing Health and Longevity,
  - Krista Tippett: On Being
  - Interviews with Yuval Harari (Author of Sapiens: A Brief History of Humankind)

- Parenting Classes: Parent Encouragement Program (pepparent.org)

- Meditation
  - Waking up with Sam Harris
  - Headspace/ 10% Happier/ Happify/Calm/Peloton/Endless YouTube Guided meditations
www.eileenogradyn.net

- Sign up for Eileen’s short blog “Wellness Pearls”
- Contact me for a consultation
- Find favorite:
  - Podcasts
  - Documentaries
  - TED Talks
Where there is no gardener, there is no garden

von Goethe