



School of Wellness

Revolutionizing Self-Care

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

A Virtual Discussion

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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



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Resilience

Validation

A wide-angle photograph of a calm sea under a hazy, overcast sky. The water is dark blue-grey with gentle ripples. The horizon line is straight and divides the image roughly in half. The sky is a pale, uniform grey. The overall mood is serene and contemplative.

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?



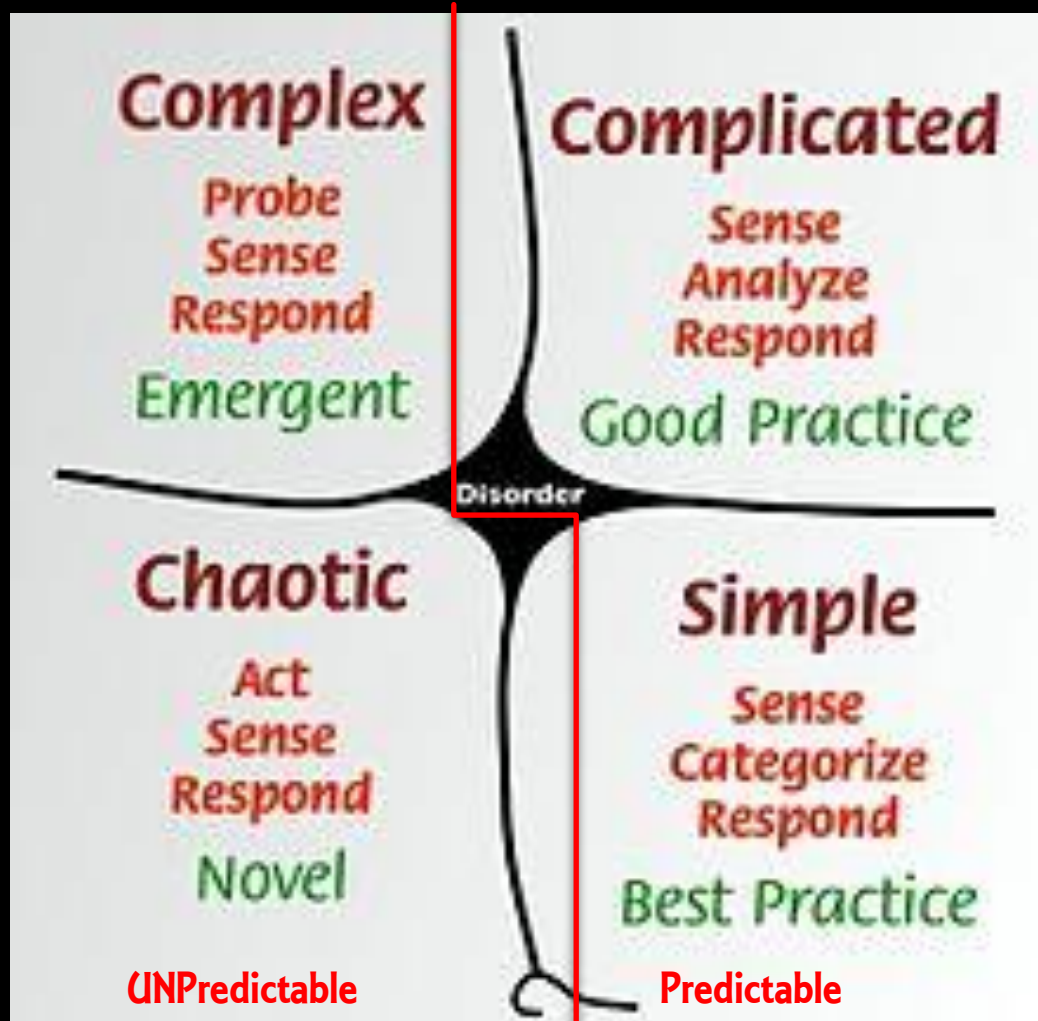
Agility

My Holiday Plans

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

Know your Habitat

Cynefin *(habitat)* Framework



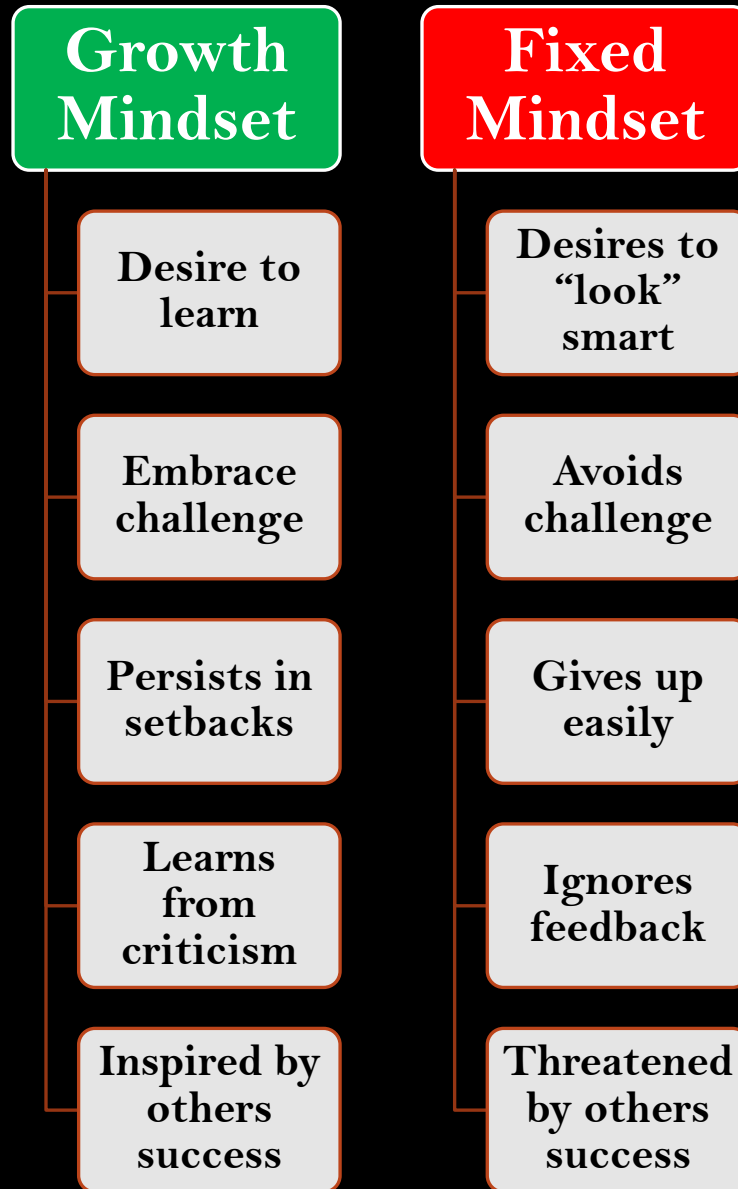
Snowden, David J.; Boone, Mary E. (2007).
"A Leader's Framework for Decision Making".
Harvard Business Review, 69–76.

Agility

Get Friendly with the Future (*Unknown*)



Two Mindsets



Agility

Experiment

- Fun
- Easy
- LEARN as you go
- Breakfast for dinner
- Culture of Wellness
- 30-day challenges

Garvey-Berger, J. (2019). *Unlocking Leadership Mindtraps: How to Thrive in Complexity*.
Stanford University Press.



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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



Positive Psychology

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

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



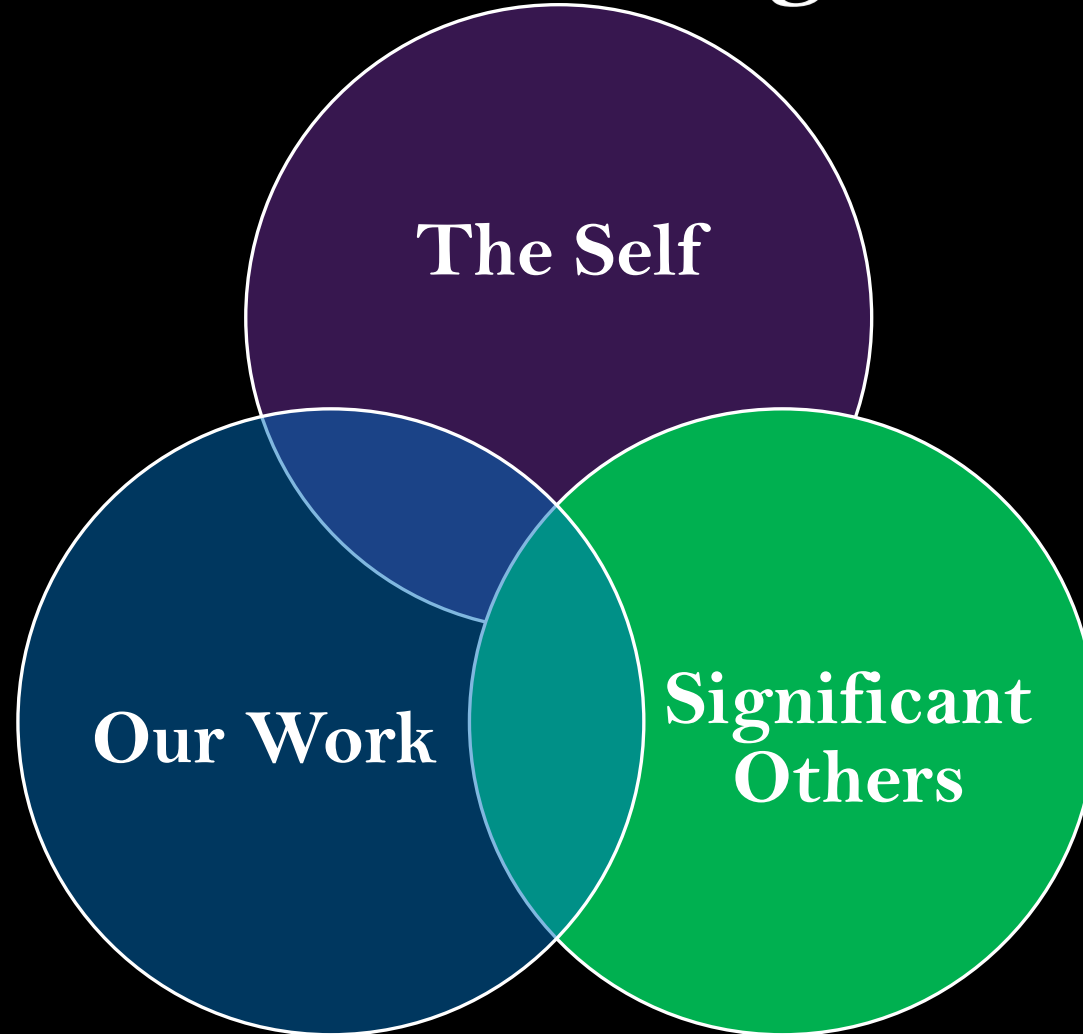
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Seligman, Martin. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. Free Press

Venn Diagram your Life

Our 3 Marriages

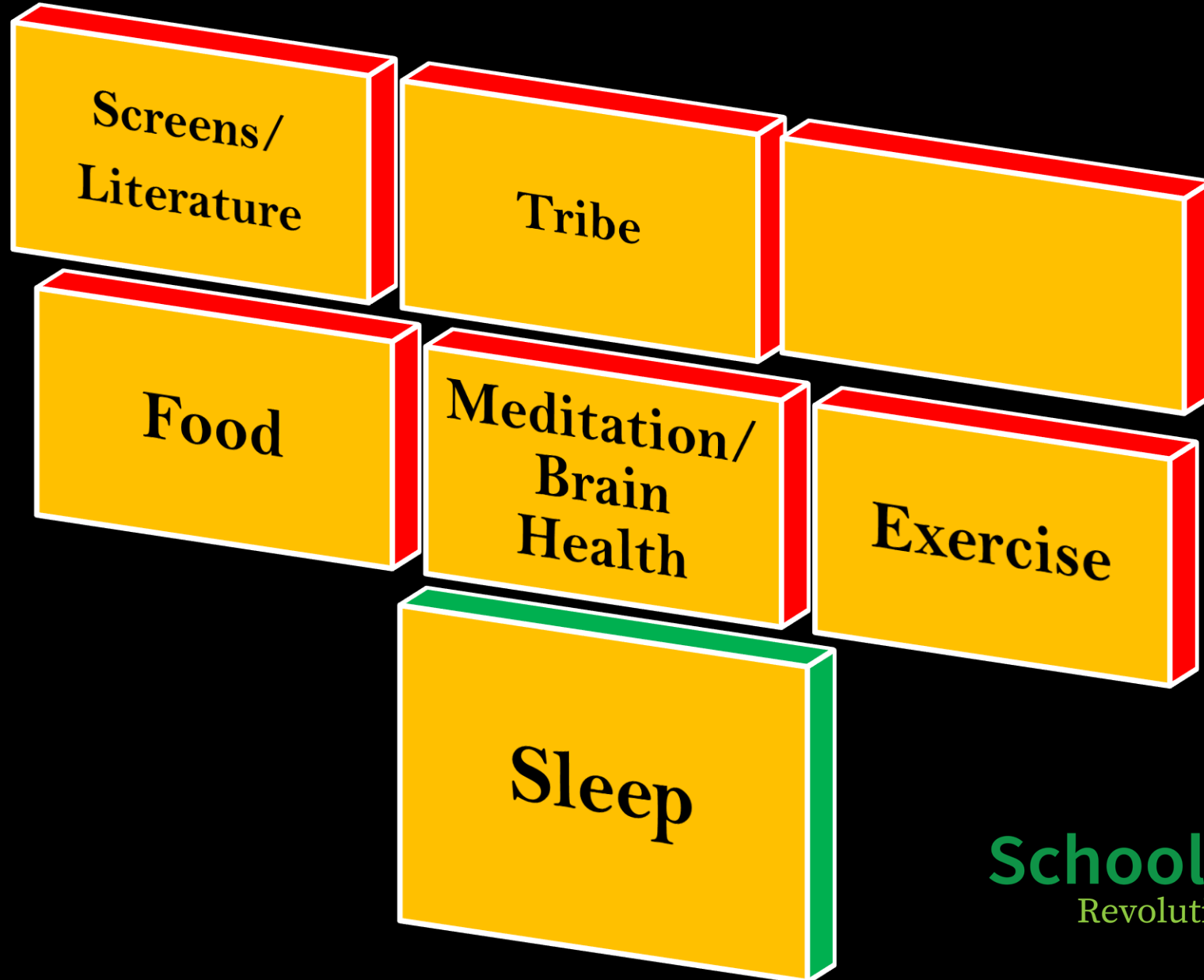
 Balance




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Whyte, David (2010). Reimagining Work, Self and Relationship. Penguin Publishers.

Bedrock Behaviors



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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 Brene 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

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- 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