



Leadership Fundamentals: Building a Resilient Mindset

Tammy Wellbrock, MS, IOM, CAE
March 22, 2023

*“Life is not what it’s supposed to be. It’s what it is.
The way you cope with it is what makes the difference.”
-Virginia Satir*



www.tammywellbrock.com



Stand and Declare

- **Do you exercise on a regular basis?**
- **Do you practice meditation or yoga?**
- **Do you journal?**
- **Do you make sleep a priority?**
- **Do you take on new challenges?**

Me and My Story





DISCLAIMER

Stress vs Resilience

Stress:

- People respond differently to various stressors.
- Impacts our ability to do our job affectively.
- Often short-term and may disappear if addressed or situation changes.



Resilience:

- Able to deal with change and uncertainty.
- Adapt and respond to circumstances.
- Can be nurtured, developed and strengthened.

Physiological Responses



Created by counloucon
from Noun Project

Fight

- irritated
- annoyed
- frustrated
- angry



Created by Sophia
from Noun Project

Flight

- unsure
- worried
- scared
- anxious




Created by Dairy Free Design
from Noun Project

Freeze

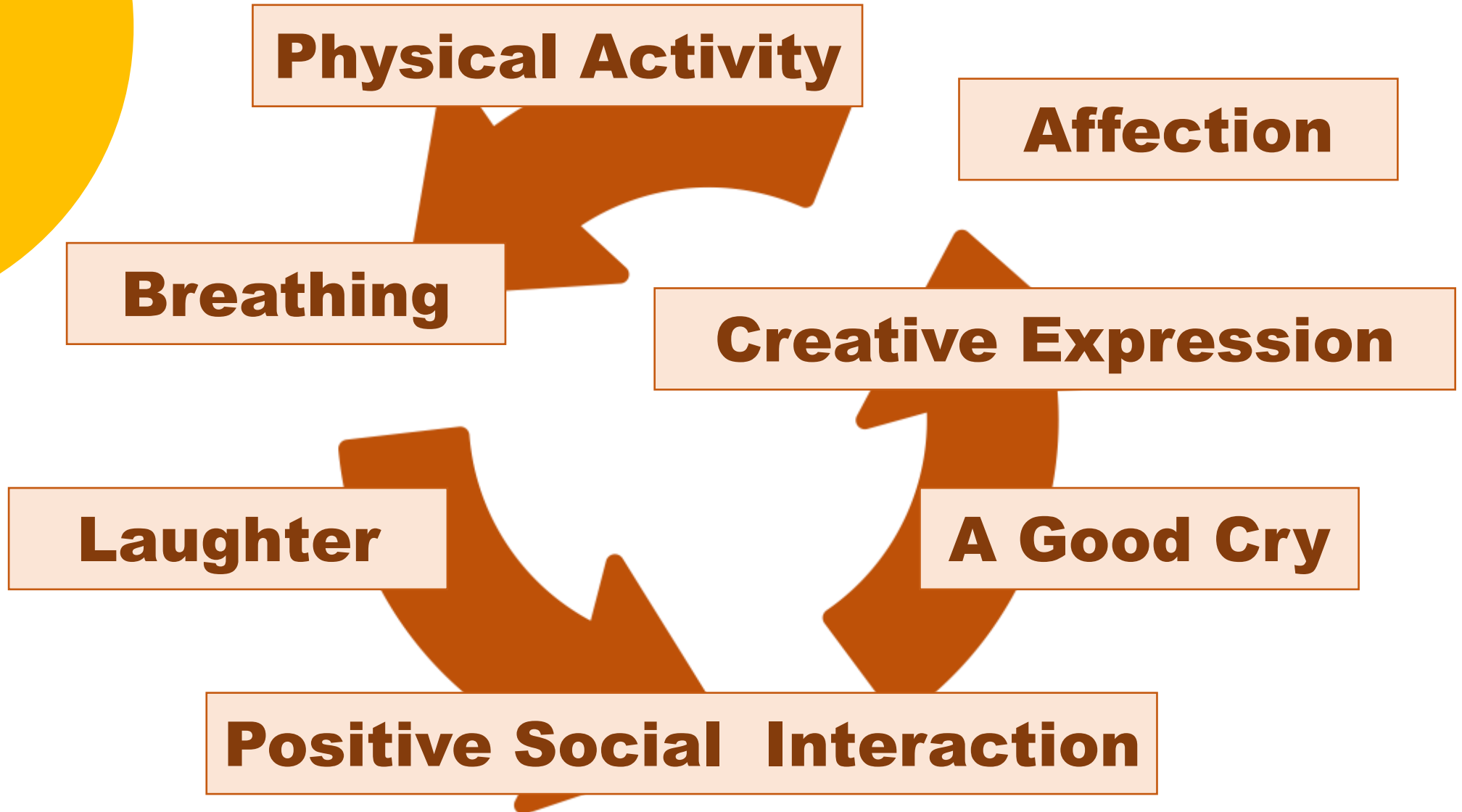
- shut down
- numb
- sluggish
- petrified

Complete the Cycle



**Do something to tell your brain
you are safe.**

Complete the Cycle



cycle by lipi from the Noun Project

"Burnout" by Emily Nagoski & Amelia Nagoski (2020)

www.tammywellbrock.com

Complete the Cycle



Do something!!

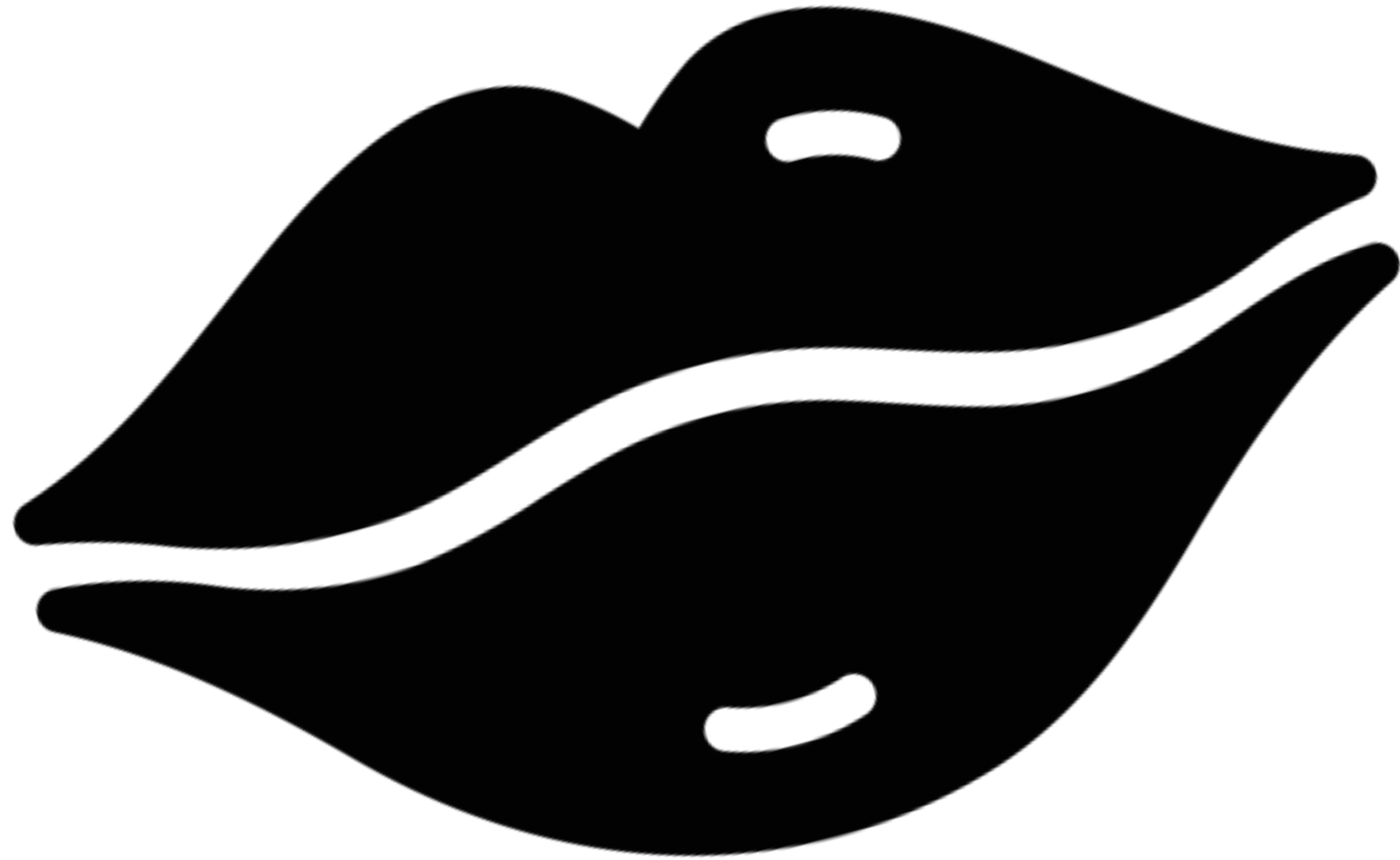
Ted Lasso – Season 2:
Dr. Sharon tells Ted to
follow this technique.

4-7-8 Breathing Technique

The **4-7-8 breathing technique**, also known as "relaxing **breath**," involves **breathing** in for **4** seconds, holding the **breath** for **7** seconds, and exhaling for **8** seconds.

This **breathing** pattern aims to reduce anxiety or help people get to sleep.

6 Second Kiss



Other Coping Strategies



1. Recognize your own limitations.
2. Refuse to be the source of your own stress.
3. Focus on deep breathing and related mindfulness practices when you feel anxious.
4. Rethink the way you're viewing your situation.
5. Put yourself in someone else's shoes to prevent or deescalate conflicts.

More Resources

- Smart Phone Apps

- Meditation

- Newsletters

- Blogs

- YouTube

Resources

**Email me for a list of resources:
tammy@tammywellbrock.com**



Defining Resilience

Psychologists define resilience as the **process of adapting well** in the face of adversity, trauma, tragedy, threats or significant sources of stress.

As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.



Resiliency is a Mindset

- It refers to how well you can deal with and bounce back from the difficulties of life.
- It can mean the difference between remaining calm under a perceived stressful circumstance and losing your cool to the point of becoming out of balance.
- Resilient people tend to maintain a more positive outlook and cope with stress more effectively.



Resiliency Key Points

- Challenging times do not determine the outcome of your life.
- Greater resiliency is empowering.
- Resiliency is not a trait only some people possess.
- It involves behaviors, thoughts and actions anyone can learn.
- Increasing resiliency takes time and intentionality.
- Reframe our emotional reactions from negative to positive.
- Emotions drive our behavior.

Key: Focus on what you can control.

Building Resiliency

Meaning:

Find your purpose.
Focus on others;
foster self-discovery,
develop goals.

Connection:

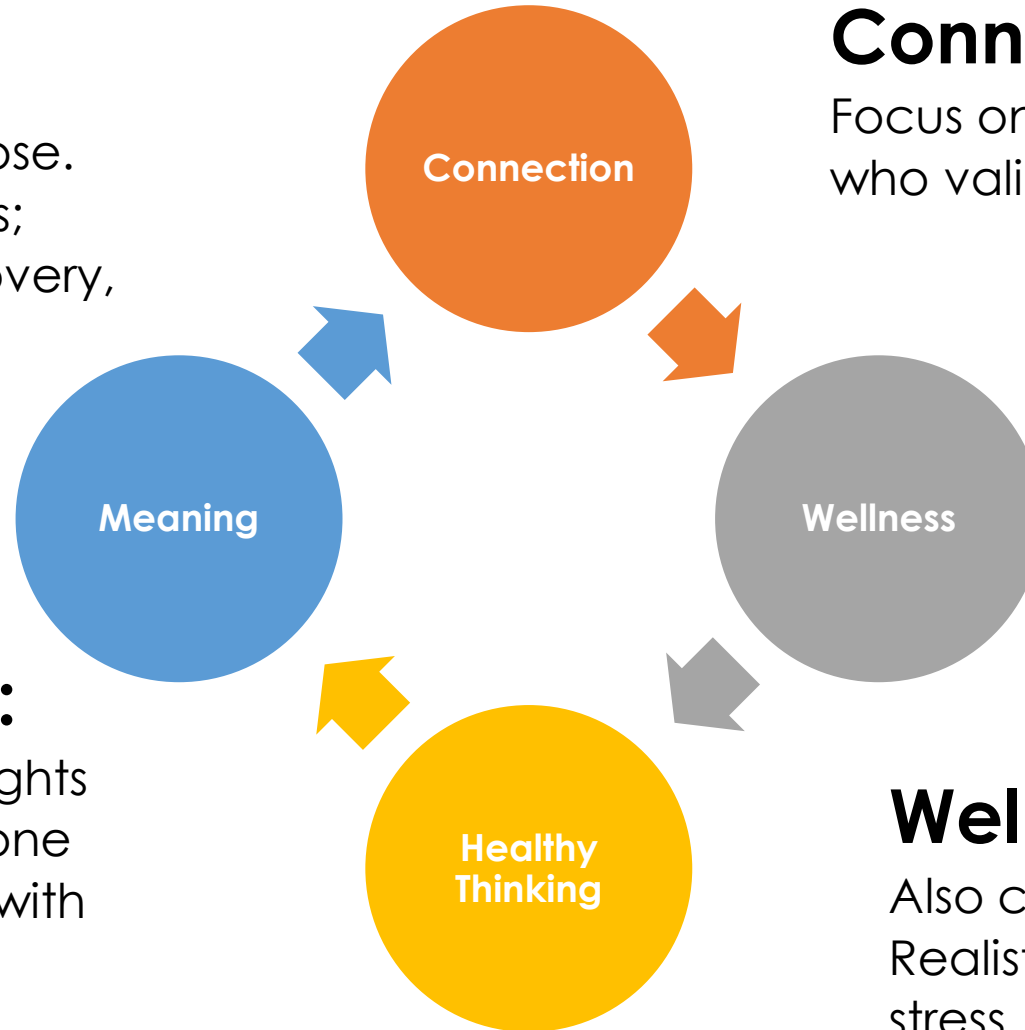
Focus on finding individuals
who validate your feelings.

Healthy Thinking:

Activity of reframing thoughts
and perspective to help one
accept change and live with
hope and positivity.

Wellness:

Also considered Self Care.
Realistic goal is to manage
stress, not to eliminate.





Sit and Reflect

- **Do you exercise on a regular basis?**
- **Do you practice meditation or yoga?**
- **Do you journal?**
- **Do you make sleep a priority?**
- **Do you take on new challenges?**



3 Leadership Action Steps

- **Identify people who can serve as a resource, whether with time, knowledge, money, etc.**
- **Consider what tasks, duties and other responsibilities can be delegated to others and then train and empower as needed.**
- **Establish important boundaries needed for you to accomplish your goals.**



Thank You!

Tammy Wellbrock, MS, IOM, CAE

tammy@tammywellbrock.com

785-639-2743



P.S. - Let me know how I can be a partner in your success journey!



www.tammywellbrock.com