

# Building Sustainable Resilience

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# Some guidelines today

- Confidentiality
- Respect for other's experiences, thoughts, feelings
- Challenge yourself today, just the right amount
- Be curious, ask questions
- Raise your expectations

# Welcome & Introductions

- My objectives are to support you with:
  - Clarity - through reflection and insight
  - Focus - through motivation and new techniques
  - Confidence (Belief in Self) - through experience and repetition
  - Gratitude - through acknowledgment of practical resources, our community, and successes
- Your Objectives?
  - Pair with someone you don't know
  - Share your goals for today

# Part 1

Is There a Problem? An Opportunity?

# Current State of Resilience in Public Health

- **Mental Health and Treatment Access:**
  - 22% of adults are dealing with a mental disorder
  - 55% of adults with a mental illness in the U.S. have not received any treatment.
  - 5.4% of adults experience severe mental illness, often without adequate support.
- **Suicide Rates:**
  - Suicide is the **second-leading cause of death** for individuals aged 10-34.
  - 13.6% of adults aged 18-25 report serious thoughts of suicide in the past year.
- **Stress and Physical Health:**
  - 76% of adults report that stress affects their health, causing symptoms like headaches, fatigue, anxiety, and depression.
- **Chronic Disease and Mental Health:**
  - Chronic illness significantly raises the risk of depression and anxiety due to its ongoing physical and mental demands.

# How we learn about resilience

- **Reflective Practices**
- **Supportive Social Networks**
- **Experiential Learning and Adaptation**
- **Skill Development in Emotion Regulation**
- **Discussion with partner: Who has inspired you to be resilient?**

**Share the story.**

# Benefits of Self-Reflection

- **Increased Self-Awareness**
- **Improved Emotional Regulation**
- **Enhanced Decision-Making**
- **Strengthened Resilience**
- **Goal Alignment and Personal Development**
- **Greater Empathy and Understanding**
- **Increased Motivation and Focus**

Brown & Ryan, 2003; Silvia & Phillips, 2013; Gross, 2015; Kross & Ayduk, 2011; Elliott, 2005; Rude et al., 2010; Tugade & Fredrickson, 2004; Lyons, 2010; Schippers et al., 2015; Locke & Latham, 2002; Davis, 1983; Batson et al., 1997; Ryan & Deci, 2000; Duckworth et al., 2016

# Auerbach Wellbeing Scale

- A simple exercise in reflection
- Complete alone
- Discuss reactions with a partner



# Break

# Part 2

Let's Start with Awareness

# The normal biological stress response

- **Amygdala:** Detects potential threats and activates the stress response.
- **Hypothalamus:** Releases corticotropin-releasing hormone (CRH) to signal the pituitary gland.
- **Pituitary Gland:** Releases adrenocorticotrophic hormone (ACTH) into the bloodstream.
- **Adrenal Glands:** Release cortisol, preparing the body to respond to stress.
- **Body Response:** Leads to increased heart rate and mobilization of energy.

# Chronic stress impact on the body

- **Immune Suppression**
- **Cardiovascular Damage**
- **Cognitive Impairments**
- **Metabolic Disruptions**
- **Mood and Mental Health Issues**
- **Bone Density Reduction**

Glaser & Kiecolt-Glaser, 2005; Black & Garbutt, 2002; Lupien et al., 2009; Björntorp, 2001; Gold et al., 2015; Weinstock, 2008

# How do we experience chronic stress?

- **Cognitive Impairment**
- **Emotional Dysregulation**
- **Decreased Work Performance**
- **Relationship Strain**
- **Self-Neglect**
- **Poor Decision-Making**
- **Sleep Disturbances**

# Give yourself an overall rating

On a scale of 1-10,  
10 being high, how  
stressed am I?



# What are your current stress management strategies?

- Quick fixes or daily experiences?
- Healthy or... not so much?
- Share your best, most reliable strategies
- Overall, are they working for you?
- Is something missing?
- Share with your partner

Are you ready to be  
the inspiration?



# What is your “Why?”

What do you still want to do  
in your life?

What will you gain if you had  
more energy?

What will you lose if you  
don't make a change?

Who do you want to  
influence?

Share with your partner



# Break

# Part 3

Mindset is Power



# POWERFUL THINKING IS JUST 4 PRINCIPLES

## CLARITY

Clarity is a clear vision and plan

## GRATITUDE

An attitude of gratitude keeps you in a positive mood

## FOCUS

Daily focus is taking action on next steps

## BELIEF

Believing you will succeed removes barriers that hold you back



# THINKING IS SPIRITUAL

## CLARITY

Listen to your heart (your soul) and know what you want

## GRATITUDE

Create a positive energy field all around you

## FOCUS

Take action – the next steps that are aligned with your heart's desire

## BELIEF

"Believe and you will see" to clear the path of obstacles



# POWERFUL QUESTIONS

## CLARITY

What do I want and  
desire in my life?

## FOCUS

Will I take the next  
step today?

## GRATITUDE

For what and whom  
am I grateful?

## BELIEF

What do I believe  
is possible?



# RANK THE FOUR PRINCIPLES

1 = what you do most easily, 4 = what is hardest for you

#4 will require the most practice but will generate the fastest improvement.

It is the one that has been holding you back

## CLARITY

I have a clear vision  
and a plan

RANKING \_\_ / 4

## FOCUS

I can stay focused  
on the next steps

RANKING \_\_ / 4

## GRATITUDE

I have an attitude of  
gratitude

RANKING \_\_ / 4

## BELIEF

I think positively

RANKING \_\_ / 4



Discuss with your partner:

How has your ranking affected your experiences?

What would be possible if you could create a positive balance across these principles?

## RANK THE FOUR PRINCIPLES

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### CLARITY

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I have an attitude of gratitude

RANKING \_\_ / 4

### BELIEF

I think positively

RANKING \_\_ / 4



# My Power Plan

I desire:

Today I will:

I am grateful for:

I believe:



# “There is still something in the way, Brian”

If Clarity, Focus, Belief, and Gratitude resonate with you, but seem out of reach, maybe something is getting in the way



# Break

# Part 4

Leveraging Flow



# THE EMOTIONAL GUIDANCE SCALE

## UPWARD SPIRAL HPF

1. Joy / Knowledge  
Empowerment  
Freedom / Love  
Appreciation



## DOWNWARD SPIRAL LNF

8. Boredom
9. Pessimism
10. Frustration / Irritation / Impatience
11. "Overwhelment"
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred / Rage
20. Jealousy
21. Insecurity / Guilt  
Unworthiness
22. Fear / Grief / Depression  
Powerlessness/  
Victim

Adults spend near 70% of time in the downward spiral: a “3:1 ratio”.

To flourish, people need roughly **3 positive experiences** for every **1 negative** one. This “3:1 ratio” helps build resilience and well-being.

Nagy, T., Sik, K., Török, L., Bóthe, B., & Takacs, Z. K. (2023). Brief growth mindset and mindfulness inductions to facilitate task persistence after negative feedback. *Collabra: Psychology*, 9(1), 74253. <https://online.ucpress.edu/collabra>

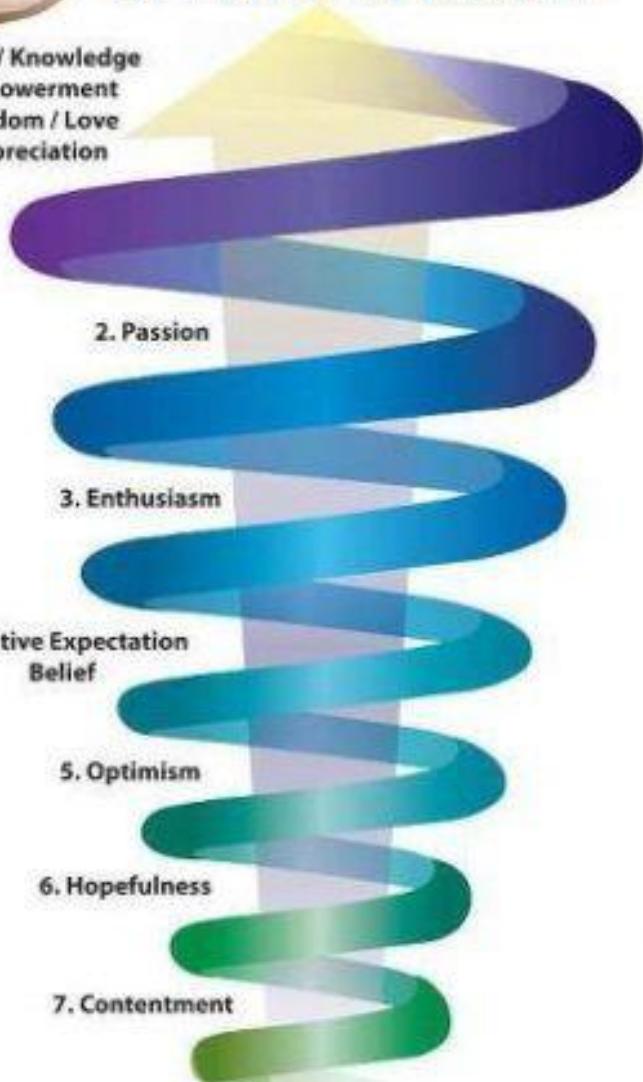
Lipsey, N. P., Burnette, J. L., Becker, W., et al. (2023). A growth mindset intervention to improve mental health in adolescents during COVID-19. *Social and Personality Psychology Compass*. <https://compass.onlinelibrary.wiley.com>



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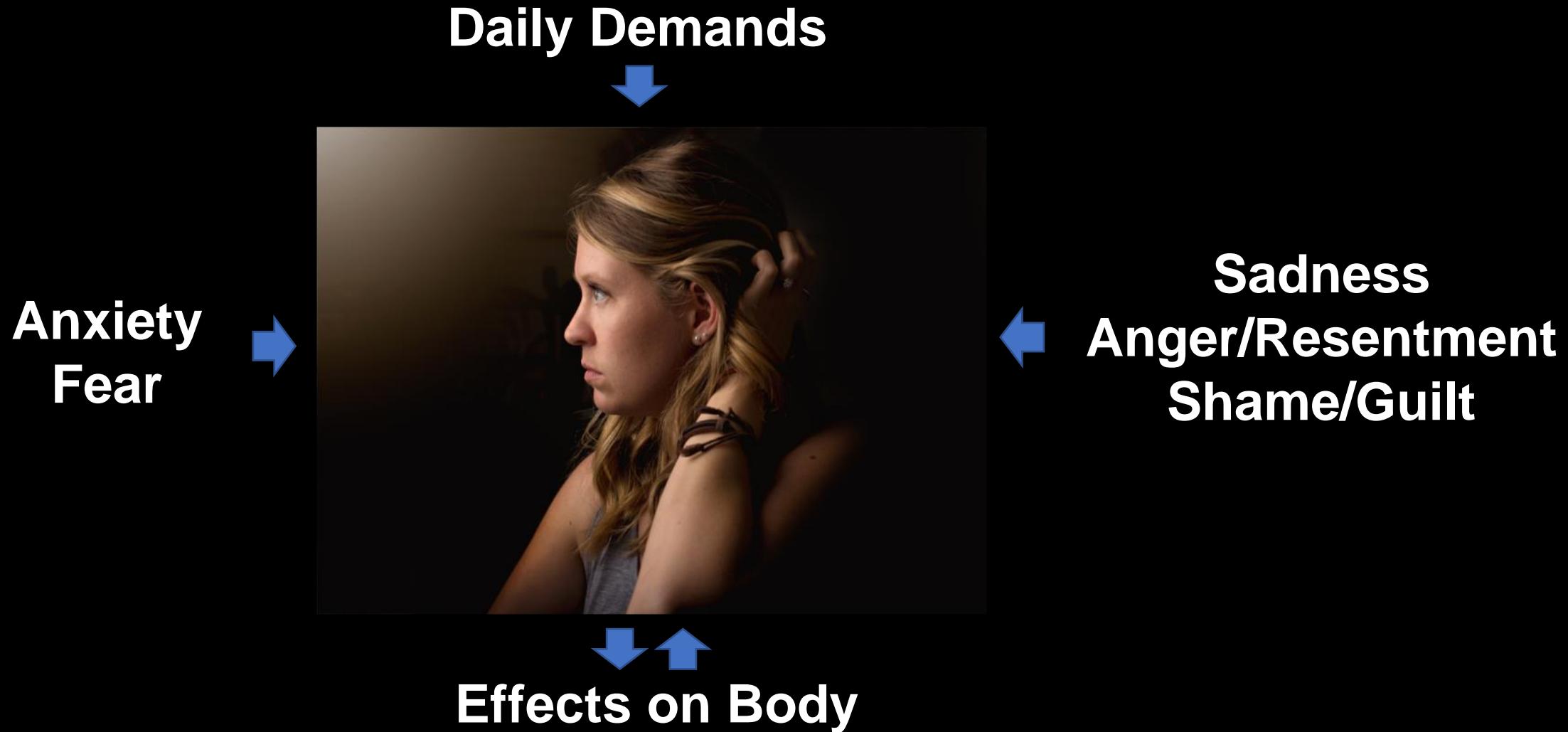
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Reflection:

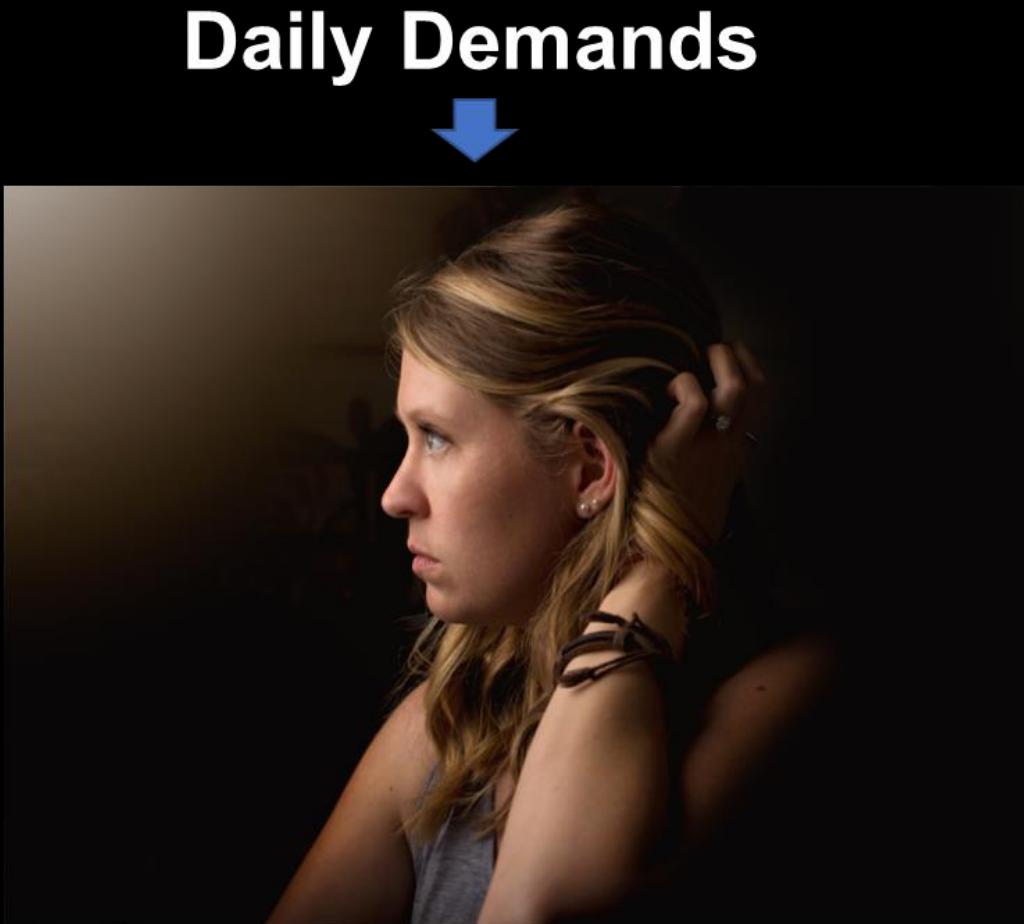
Who are the People, What are the Situations and Circumstances that I associate with the left side and with the right side?

# A Healthy Personal Psychology



# Strategies that raise energy

- Proactive vs. Reactive
- Reverse the stress response
- Organize
- Prioritize
- Say “no”
- Set limits / boundaries
- Let go of \_\_\_\_\_



# Strategies that raise energy: Body



**Effects on Body**

- Sleep
- Relaxation
- Fitness
- Muscle strengthening
- Nutrition
- Meditation
- Reverse the stress response
- Other \_\_\_\_\_

# Your Relationship with Your Body



- Imagine that you see your death on the horizon, and you know that you will be leaving your body.
- Take a few minutes to reflect on your life journey with your body
- Write a short letter to your body
- Pair and share

# Strategies that raise energy: Resolving past feelings

- Connect with others
- Kindness
- Create fairness
- Advocate for Justice
- Build value - create
- Invite support – team with others



**Sadness**  
← **Anger/Resentment**  
**Shame/Guilt**

# Strategies that raise energy: Resolve future-oriented feelings

Anxiety  
Fear



- Prepare and organize
- Educate self
- Build skills (confidence)
- Seek support
- Identify and gather resources
- Reverse the stress response

# Living mindfully, deliberately, intentionally

- Live where your feet are
- Engage in the present
- Love the people in your day
- Be productive in the moment
- Take care of your body in the moment
- Be grateful in the moment
- Work *on* your life and *in* your life.



Break

# Part 5

Life's Meaning and Spirituality



# How would you describe a meaningful life

- Add this meaning to your Power Plan
- To your Vision (your Clarity)
- To your Focus (daily action that is aligned with life meaning)
- What do you believe about a meaningful life?
- What are you grateful for?
- Share with a partner

# My Power Plan

I desire:

Today I will:

I am grateful for:

I believe:





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