

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**

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 are you?



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

FOCUS

Daily focus is taking action on next steps

GRATITUDE

An attitude of gratitude keeps you in a positive mood

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

FOCUS

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

GRATITUDE

Create a positive energy
field all around you

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
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

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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

2. Passion

3. Enthusiasm

4. Positive Expectation
Belief

5. Optimism

6. Hopefulness

7. Contentment

DOWNWARD SPIRAL LNF

8. Boredom

10. Frustration /
Irritation / Impatience

12. Disappointment

14. Worry

16. Discouragement

18. Revenge

20. Jealousy

22. Fear / Grief / Depression
Powerlessness/
Victim

9. Pessimism

11. "Overwhelm"

13. Doubt

15. Blame

17. Anger

19. Hatred / Rage

21. Insecurity / Guilt
Unworthiness

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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Unworthiness

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

Daily Demands



**Anxiety
Fear**



**Sadness
Anger/Resentment
Shame/Guilt**



Effects on Body



Strategies that raise energy

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

Daily Demands



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

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I am grateful for:

I believe:





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