

BE BIG: WONDER WOMAN SKILLS FOR EVERYONE

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RESILIENCE & DEALING WITH CHALLENGES

- Stay & change what you can
- Stay & accept what you can't change
- Stay & do nothing
- Leave

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STAY...

- Why are you staying?
- What matters to you about this workplace?
Your colleagues? Your job? This work?

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WHY DO YOU DO THIS WORK?

- Retrieve a memory which encapsulates why you do this work.


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VALUES

- How do you want to show up?
 - What kind of person do you want to be?
- What really matters to you?

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VALUES GIVE DIRECTION



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VALUES VS GOALS

Just believe in your dreams anything is possible.
Maintain white male privilege



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STAY AND CHANGE WHAT WE CAN CHANGE

- Institutional racism/sexism
- Legislation
- Organizational policies
- Laws
- Share with someone

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STAY AND CHANGE WHAT WE CAN CHANGE

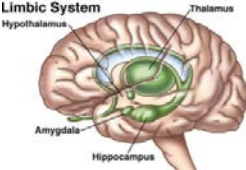
- Problem solving brain
- Problem-Focused Coping
- Involves changing the stressful situation
- Used to fix the problem
- Tricks of the mind



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CAVEMAN MIND

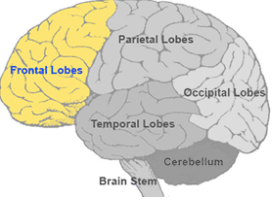
- Paleomammalian brain
- Built for survival
- May not give us good advice for our modern world



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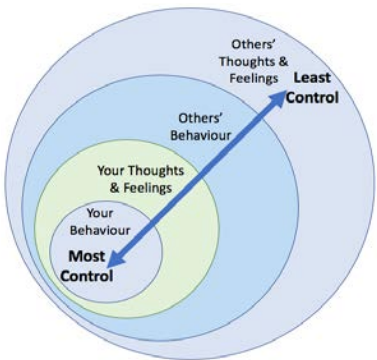
EXECUTIVE MIND

- Frontal lobe
- Controls behaviour



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WHAT DO WE CONTROL?



The diagram shows three concentric circles representing levels of control. The innermost circle is labeled 'Your Behaviour' and 'Most Control'. The middle circle is labeled 'Your Thoughts & Feelings'. The outermost circle is labeled 'Others' Behaviour' and 'Least Control'. A blue arrow points from the innermost circle towards the outermost circle, indicating that control decreases as the target of control moves further away from the self.

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ASSERTIVE COMMUNICATION

- Clearly expressing your feelings, opinions, and needs while respecting the feelings and rights of others.
- Anger can be useful

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ASSERTIVE COMMUNICATION

- Assertiveness is like democracy: you get to vote but your candidate doesn't always win
- Aggressive communication is like a dictatorship – it has to be your way
- (difference is in the outcome)

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ASSERTIVE COMMUNICATION

- Passive communication – you don't even vote at all
- Passive-aggressive communication – it has to be your way but you are not clear about what you need (like a military coup).
- Example of what you control is YOUR behavior. NOT how they take it.

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LINKING VALUES AND BEHAVIOURS

Source: Lee-Bagley (2019)

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HOW DOES OUR CAVEMAN BRAIN TAKE US OFF OUR ROUTE?

1. Set yourself a self-care goal
2. Notice...

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MY CAVEMAN BRAIN

Common themes:

OBSTACLES: difficulties that lie in our path
Example: "It's too cold out." "I'm too tired to exercise."

JUDGMENTS: not up to the task
Example: "I'll never be able to do this."

COMPARISONS: others seem to do it better, have more talent, or have it easier
Example: "Joan always goes to the gym no matter what. It's easy for her."

PREDICTIONS: failure, rejection, or other unpleasant outcomes
Example: "I won't stick to it. Why bother."

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RUMBLE STRIPS

- Are you willing to experience discomfort in the service of something that matters to you?
- **Willingness switch**



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- Whatever it's telling you, it does so with your best interest at heart.
- It's just it is working with an old playbook.
- With genuine gratitude, thank your caveman mind.



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MANAGE YOUR CAVEMAN BRAIN

- I cannot lift up my arm.
- I'm too tired to lift up my arm.
- I'm too tired to go to the gym.

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STAY AND ACCEPT WHAT WE CAN'T CHANGE

- Emotion-Focused Coping
- Involves managing the feelings that arise from a stressful situation
- Used to cope but not aimed at changing the situation
- "Accept" = stop trying to change things you can't change
- Direct the energy elsewhere

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MAKE FRIENDS WITH YOUR IMPOSTER

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TAKE CARE OF YOUR FEELINGS

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DROP THE FOOTBALL



You'll never be able to do this

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COMPASSION

- Kindness, common humanity, awareness
- Recognizing suffering and a desire to alleviate it
- Skill that can be learned
- Associated with better health



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COMPASSION BEGINS WITH A REALITY CHECK

- So much in life that causes our suffering was not of our choosing and was not our fault.
- Evolution
- Genetic lottery
- Social and cultural lottery
- Caveman mind
- Can we be kind

Source: Tirsch, Silbertein, and Kolts, 2018

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COMPASSIONATE HANDS

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OTHER PEOPLE

- Michelangelo project
- Respect the statue



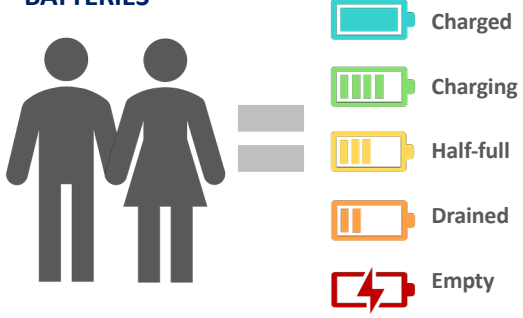
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Stay and do nothing



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BATTERIES




-  Charged
-  Charging
-  Half-full
-  Drained
-  Empty

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REFUELING ACTIVITIES

- What types of things energize you?
- spending time with friends & family?
- playing sports?
- going to church?
- getting a massage?
- doing yoga?
- watching a movie?
- listening to music?
- taking a hot shower?
- walking the dog?
- doing a hobby or crafts?



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Leave

- Inconsistent with your values
- Not a place where you can express your values
- Notice the caveman mind...
- Wait for the rumble strips...

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ADDITIONAL RESOURCES

Busy Mind Reboot: 30 Days to Your Best Self
Using the science of Acceptance and Commitment Therapy (ACT) to manage stress, anxiety, worry, and overwhelm.

<https://www.udemy.com/course/busy-mind-reboot/?referralCode=DBC0440D77FD20054C63>



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Thank you 

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