

Struggling Well: From Stress to Strength



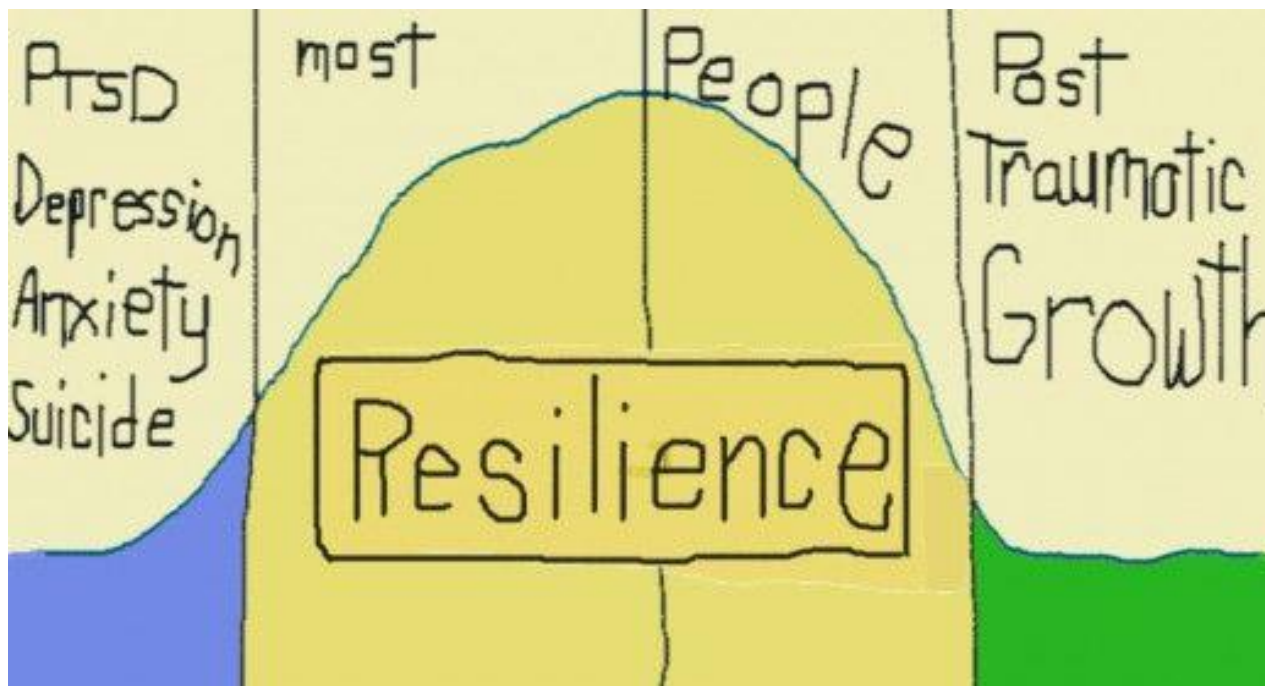


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WELLBEING
COALITION

Bridgette Gransden and Kathy Snyder



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True self-care is not
soft baths and chocolate
cake. It is making the
choice to build a life
you don't need to
regularly escape from.

#goodetimes



Growth After Trauma

COVID-19 | SPECIAL REPORT

Life after COVID-19: Making space for growth

In this time of grief, the theory of post-traumatic growth suggests people can emerge from trauma even stronger

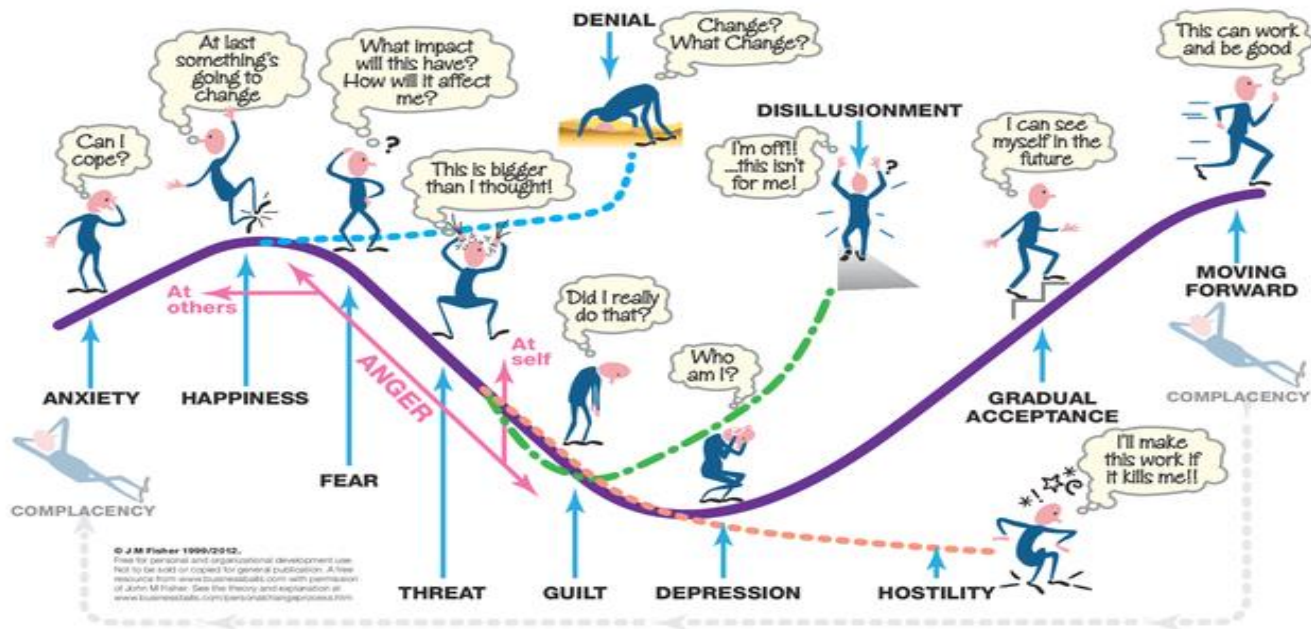
New study reveals post-traumatic growth during the COVID-19 pandemic



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The Process of Transition - John Fisher, 2012

(Fisher's Personal Transition Curve)

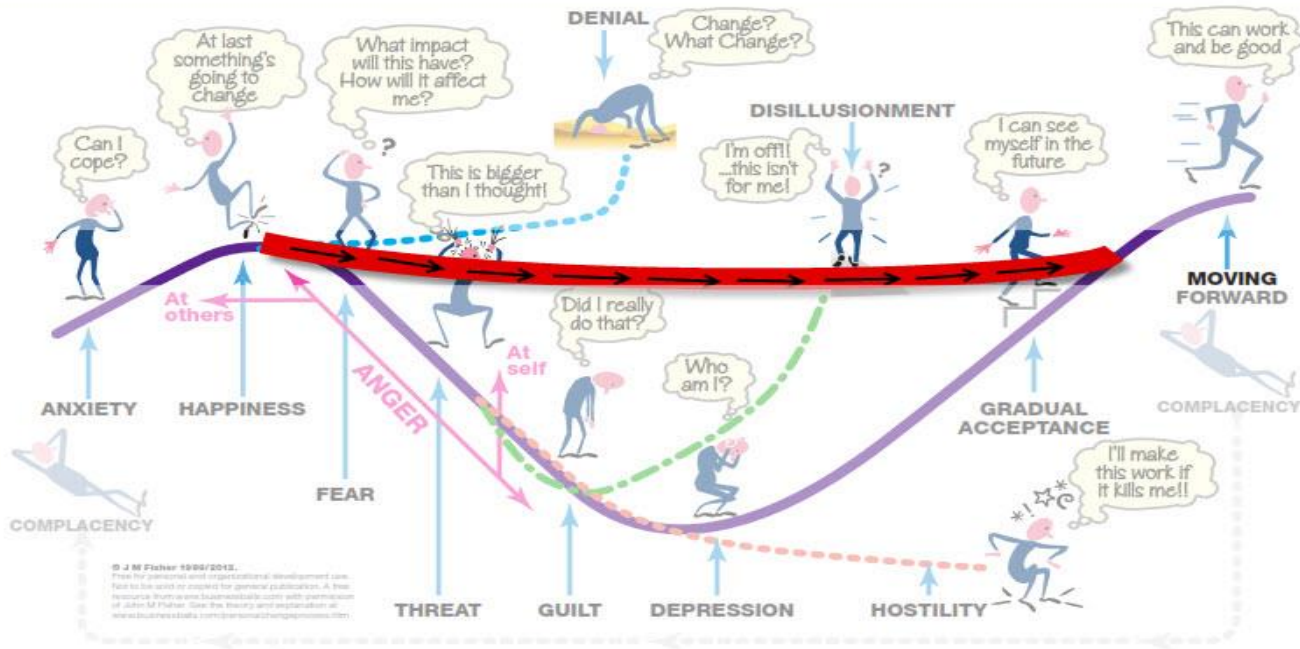




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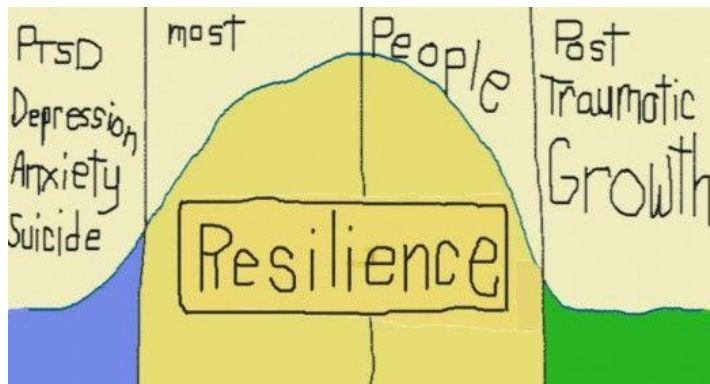
The Process of Transition - John Fisher, 2012

(Fisher's Personal Transition Curve)



Resilience vs. Posttraumatic Growth

Bouncing back



Bouncing back better in one or more of the following areas:

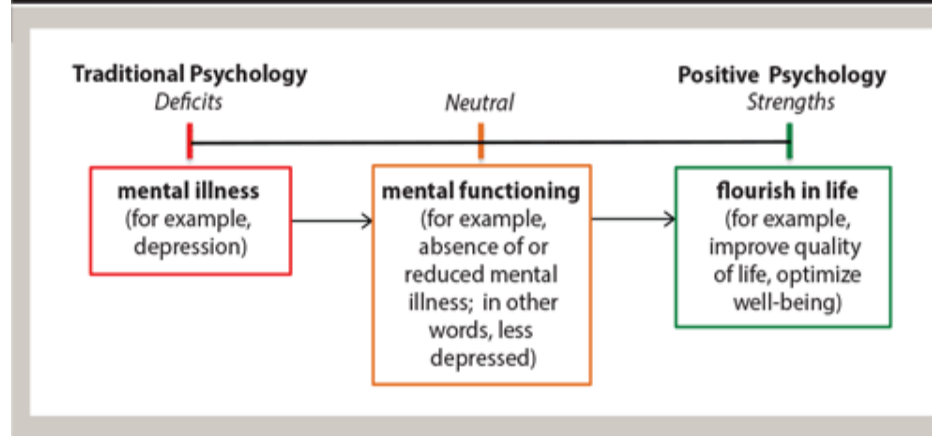
- appreciation of life
- relating to others
- personal strength
- recognizing new possibilities
- spiritual change



What is Wellbeing?

Put simply...
Feeling good, struggling well, and
functioning effectively

From Traditional Psychology to Positive Psychology

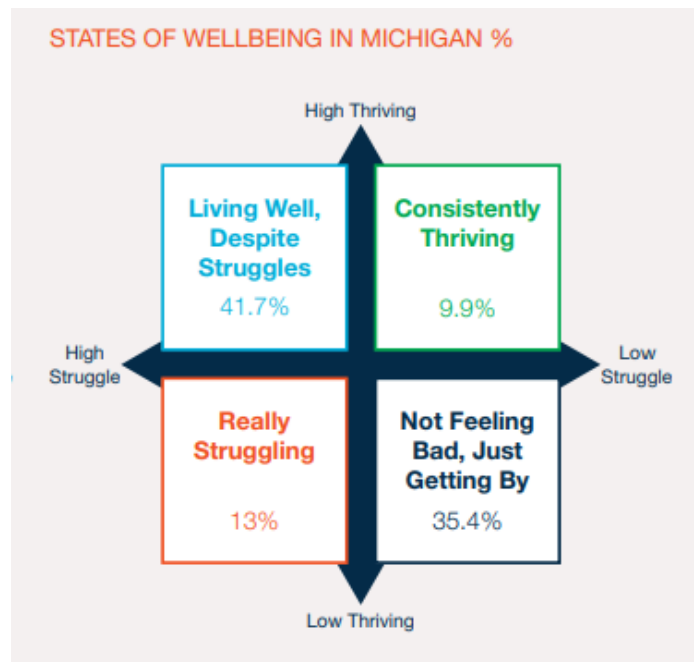




What is Your State of Wellbeing?

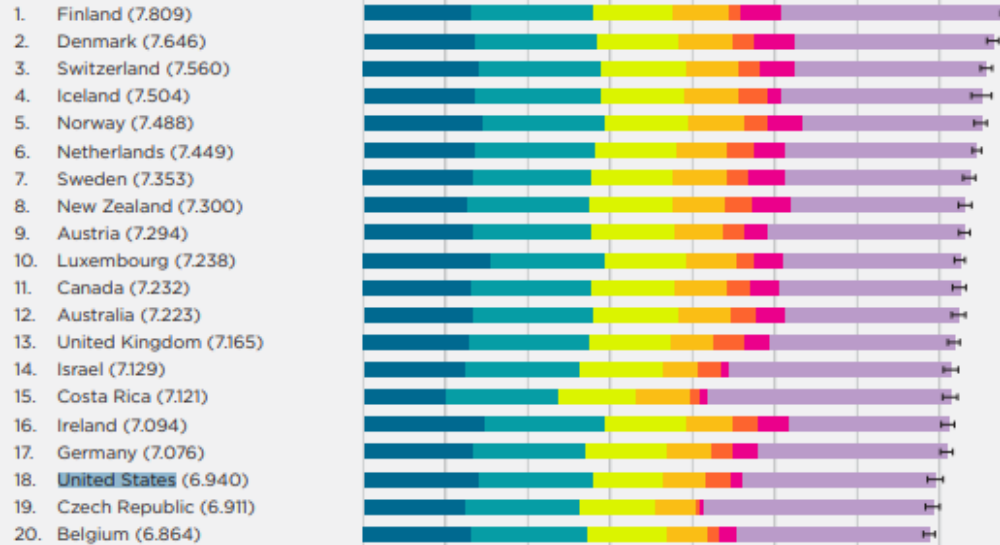


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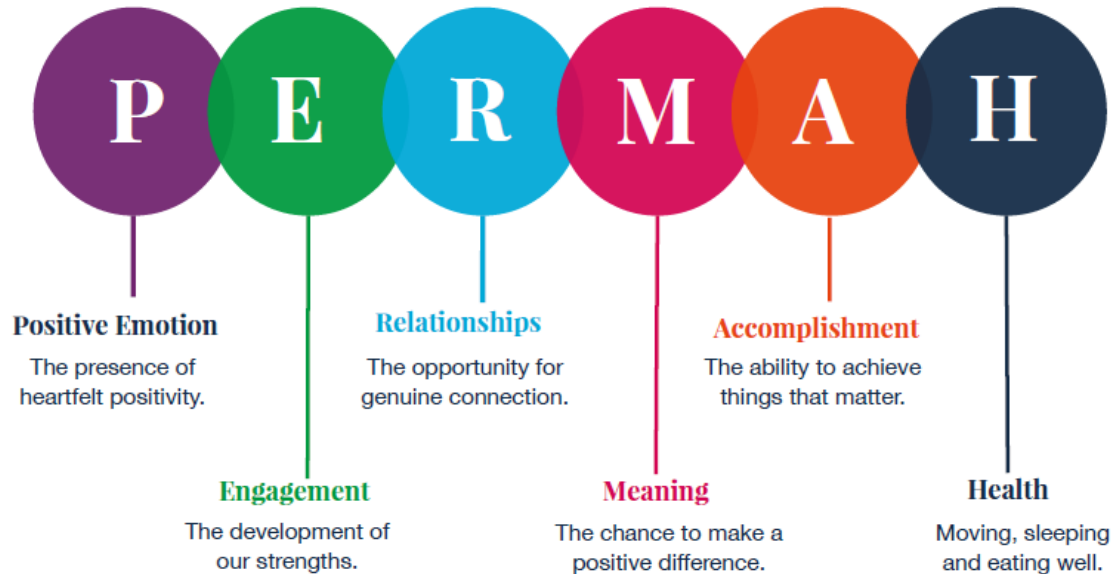


World Happiness Report 2020

Figure 2.1: Ranking of Happiness 2017-2019 (Part 1)



Pillars of Wellbeing



(Seligman, 2012)



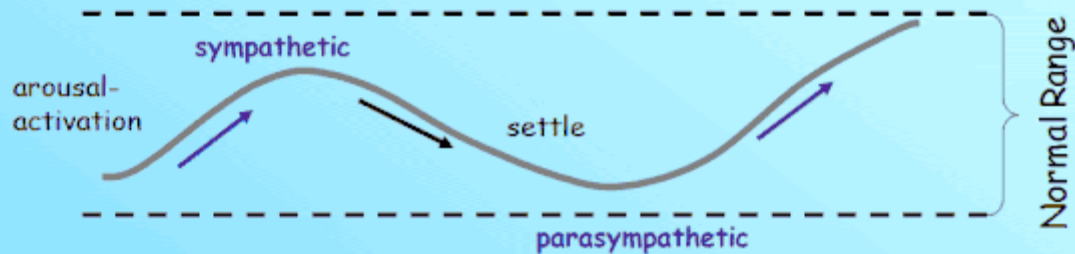
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When you change your mind about stress,
you change your body's response.

Dr. Kelly McGonigal

A Healthy Nervous System





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THREAT

vs.

CHALLENGE



Stress is your
body's way of telling
you that something
meaningful to you
requires your
attention and action.

Dr. Kelly McGonigal





I want to



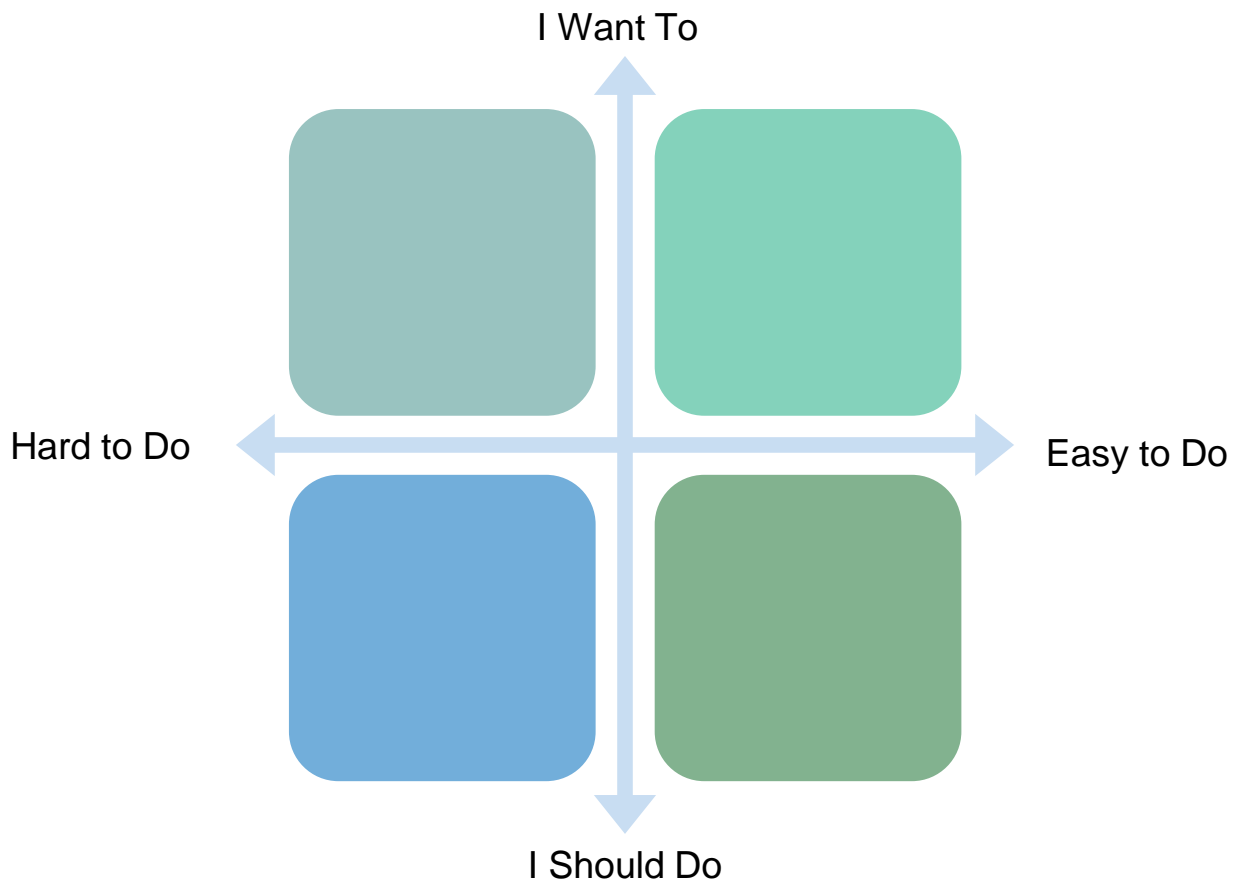
I should do



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Hard to Do

Easy to Do





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Our “Strengths” Mission

Own

Name



Leverage

Celebrate



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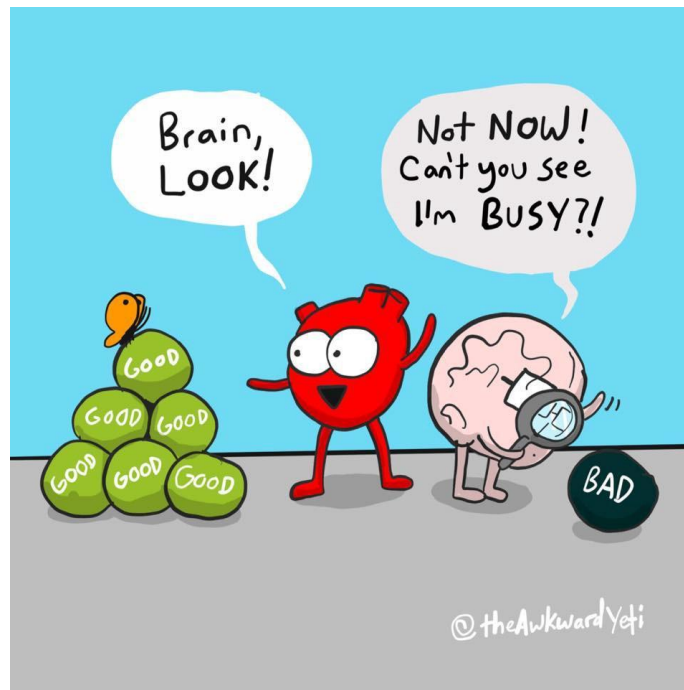
Naming your weaknesses



Naming your strengths?

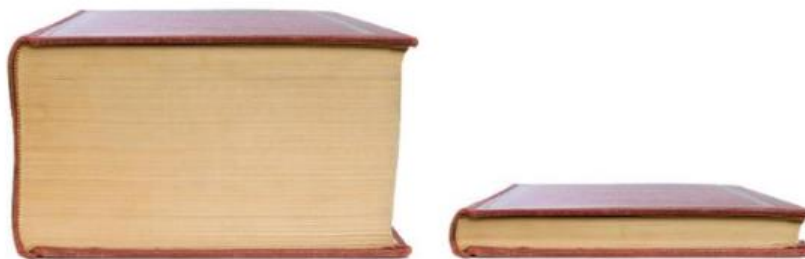


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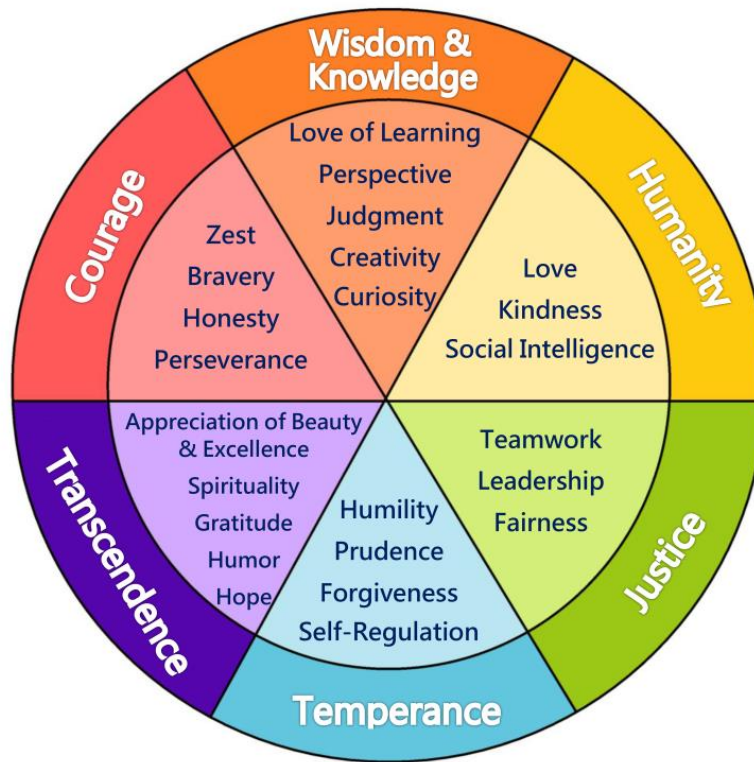


VIA INSTITUTE ON
CHARACTER™





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When describing weaknesses people:

- Hesitant/struggle to express themselves
- Dejected tone
- Critical, unforgiving, & impatient with themselves
- Annoyed with their failings
- Retrospective view

When talking about strengths people:

- Sound clearer, focused
- Have a sense of energy & confidence
- Are energized, authentic, honest
- Use phrases like “I love” and “it just fits”
- Have passion in their tone
- Are more present
- Are forward looking & optimistic

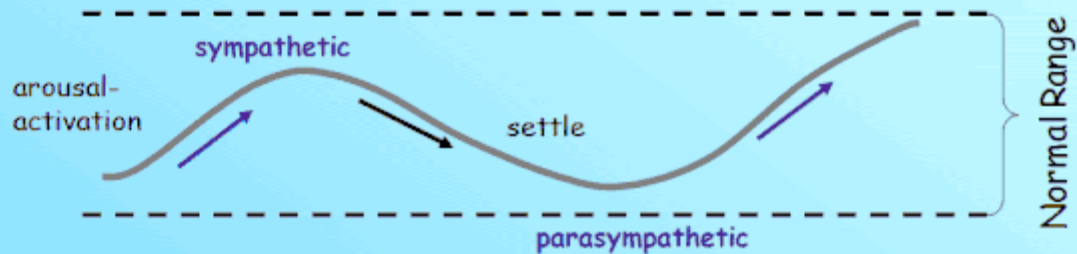


Every **inhale** stimulates the **sympathetic nervous system**

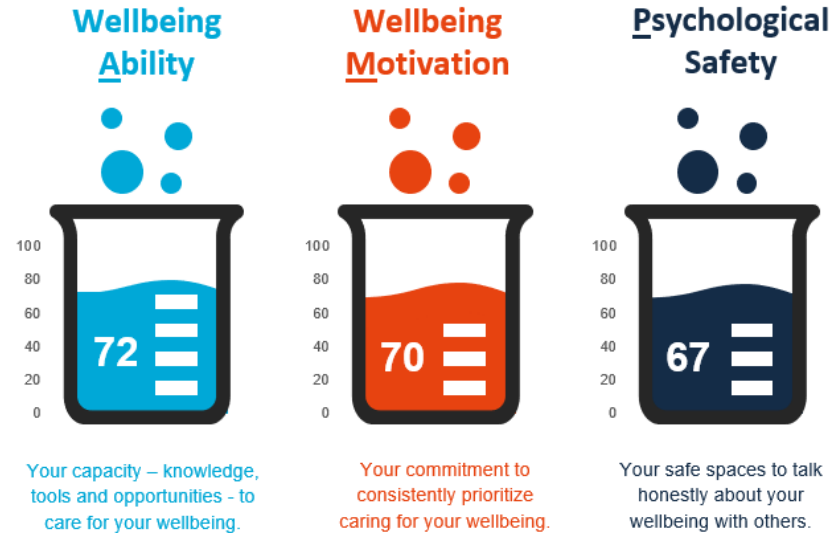
Every **exhale** stimulates the **parasympathetic nervous system.**



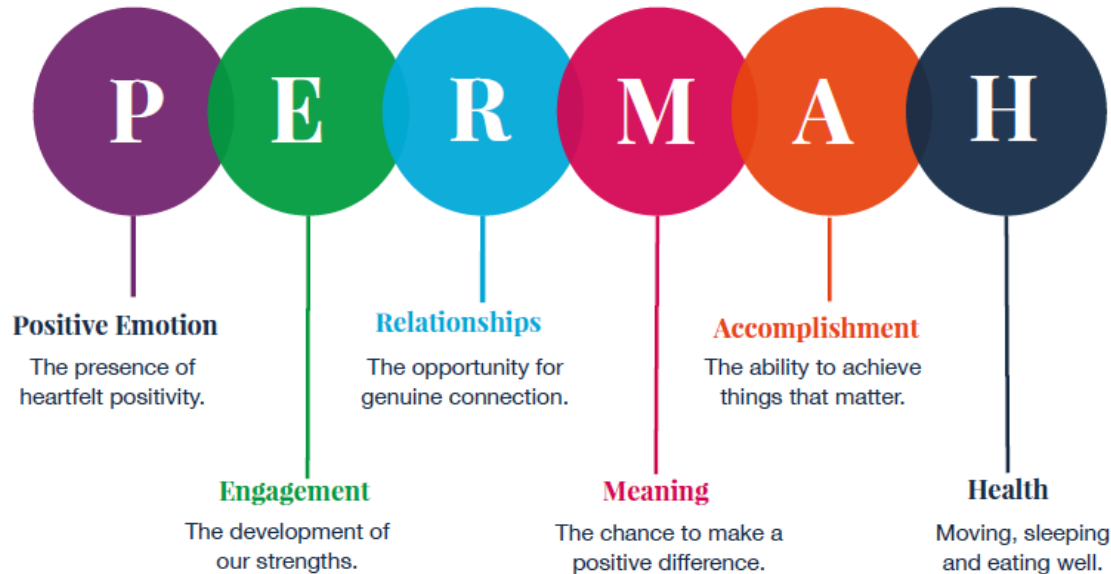
A Healthy Nervous System



Wellbeing AMPlifiers



Pillars of Wellbeing



(Seligman, 2012)

**Be curious, not
judgmental.**

*-Walt Whitman (as quoted
in Ted Lasso)*





Please remember that feelings of struggle are just your body's way of something important to you needs your attention and support.

If you need immediate additional support to care for your wellbeing please reach out to:

- Your local GP or doctor
- Your workplace EAP service or personal mental health provider
- Call 211, visit www.mihopeportal.com, or contact your local mental health hotline



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Enjoy playfully
experimenting
with these tools to
AMPLify your
wellbeing!

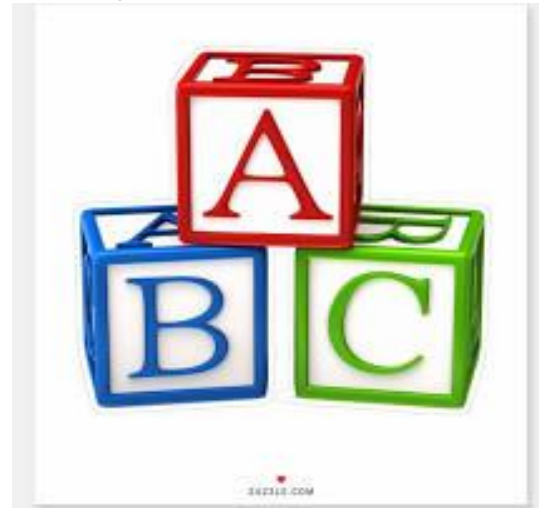


The ABCs of Tiny Habits

TINY Anchor moment

TINY Behavior you want to build in

TINY Celebration you use to wire it in.



Goal: I want to lose weight!

Typical Example:

A: When I wake up

B: I will exercise for 30 minutes

C: Then I will celebrate with weight loss in a month



Let's Ana

Too

Too

Too
uncerta

Too far
away!

A: When I wake up

B: I will exercise for 30 minutes

C: Then I will celebrate with weight loss in a month



Goal: I want to lose weight

Tiny Habit Example:

A: While I am waiting for my coffee pot to warm up

B: I will do 3 squats

C: Then I will celebrate with a hot cup of coffee!

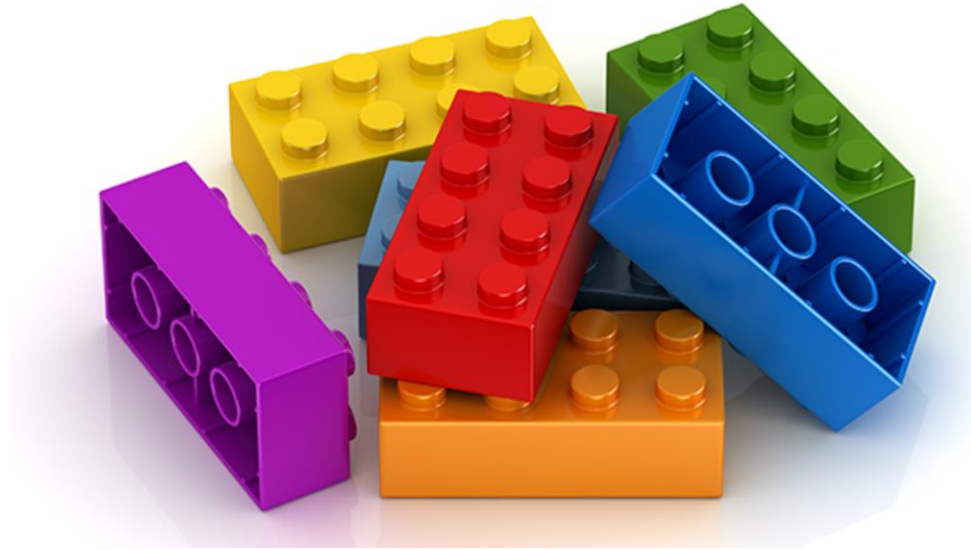


The Tiny Behavior



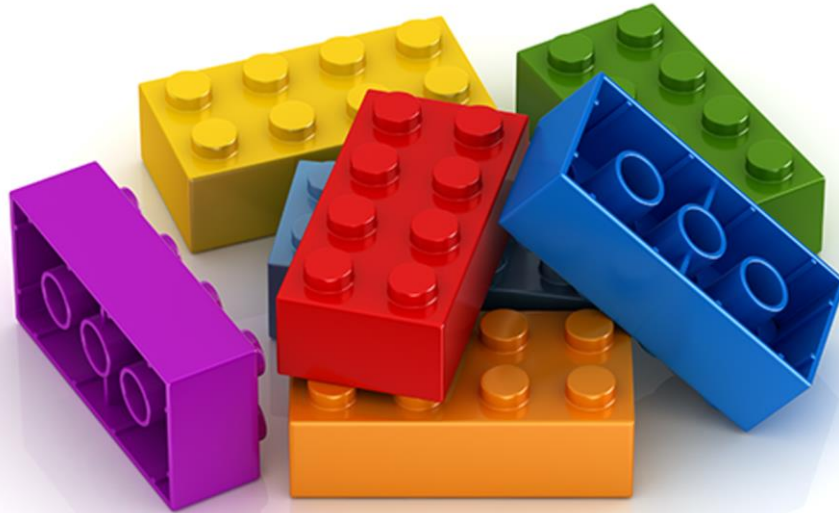
On the worst day, of the worst week of the worst month...can you still do it?

The Prompt - Your Anchor



List 10 prompts to consider!

The Celebration



**Have you closed the lid?
Does the celebration make you feel good?**

All together!



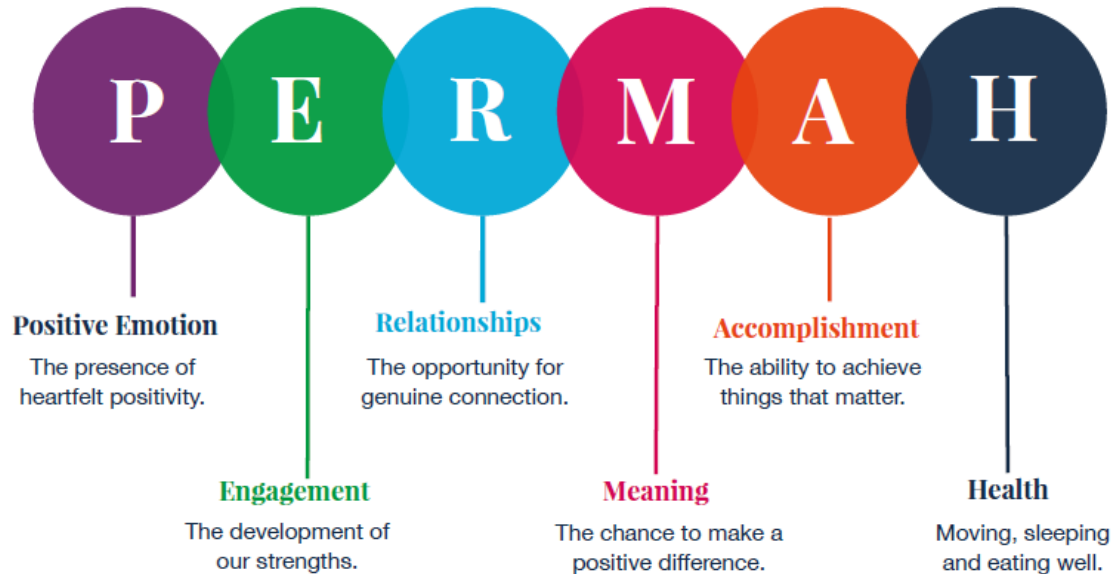
Play with the recipe, switching out blocks (ingredients) as needed! Playfully experiment with your ABC's



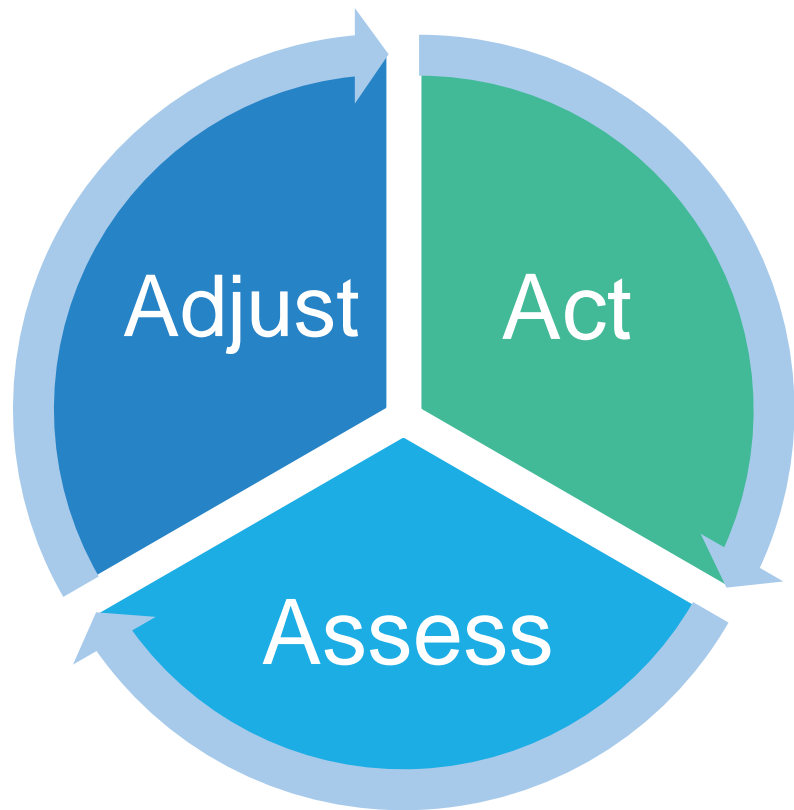
"There is no one **giant step** that does it, it's a lot of **little steps.**" *Peter Cohen*

Learn more about BJ Fogg's work at www.tinyhabits.com.

Pillars of Wellbeing



(Seligman, 2012)



Act: set learning and performance goals

Assess:

- What went well?
- Where did I struggle?
- What did I learn?

Adjust: compassionate self-awareness