

A black and white photograph of a lion lying on a rock, looking directly at the camera. The lion's mane is thick and textured, and its body is relaxed. The background is a blurred natural setting with some rocks and grass. The text "The Resilience Myth" is overlaid in the center of the image in a white, sans-serif font.

The Resilience Myth

The chances of being born?

400,000,000,000,000,000^{150,000}

Almost zero

Beware
of false help!

Out of ten, rate your happiness

- 1-10 (one is very unhappy and ten is very happy, where do you land on that scale?)



It's okay to
be okay!

Most of us are
probably; (4,5,6)



We have 60/70 thousand thoughts a day,
90% we thought yesterday.

HOW TO REWIRE THE BRAIN: Task:

- Make a list of three thoughts you would like to say about yourself
- Neurons that fire together wire together

Now look for three examples of those thoughts during the day.

- Journal them in the evening
- This will prime your brain



Face Fears

Exposing yourself to what you fear is the antidote to anxiety

The background is a dark, monochromatic image with a complex, textured pattern. It features a grid of squares, some of which contain faint, light-colored numbers. The overall appearance is that of a worn, possibly concrete or stone, surface with a grid of lines and numbers, similar to a hopscotch board or a technical drawing. The lighting is dramatic, with strong shadows and highlights, creating a sense of depth and texture.

Number 1 fear?

Public Speaking

Thinking
habits are
just habits...



Negative

V's

Positive Thoughts

- I'll be found out
- I'm not that talented
- I don't know how I got this far
- I'm not really that liked
- People tolerate me
- I'm not that smart
- I'm not charismatic

- I am worthy of my position
- I do have talent
- I deserve what I have achieved
- I'm likeable
- I'm fun
- I have a lot to offer
- I am charismatic

We do not have to react emotionally to our thoughts! They are just thoughts.



The Big Five

Agreeableness: Take on too much



Openness: Experience new things

Extraversion : Connect with people

Conscientiousness : Do things well/perfectionist

Neuroticism: Experience mood swings

Openness is vital to building resilience

Open	Open to new people
Open	Open to new ideas
Open	Open to learning something new
Open	Open to something good happening
Open	Open to challenge
Open	Open to change
Open	Open to life

Conscientiousness:

There is
no perfect

Hyper
rationality

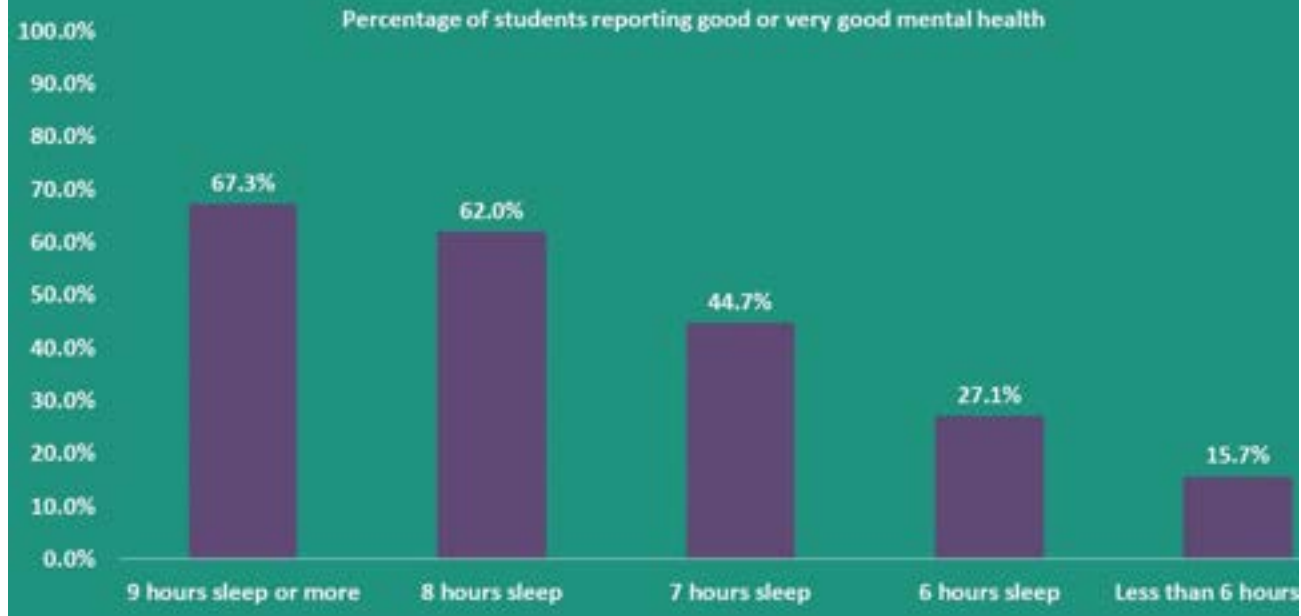
Control

Think about your relationship with worry?

If I don't worry, then I might get whacked by life



Correlation between sleep and mental health



Sleep and technology

Thank you

