• Unpack resilience, recovery, resistance & return

• Understand resilience, recovery, resistance & return

• Recognize when build to resilience, recovery, resistance & return

• Foster resilience, recovery, resistance & return
STOP

S = STOP    T = TAKE A BREATH    O = OBSERVE    P = PROCEED
RESILIENCE – the Super Power!

How Chronic Stress Affects Your Brain

https://www.youtube.com/watch?v=WuyPuH9ojCE
Point out Persistence & Continuity
My Resilience Plan (4 Ss)

**Supports** – that keep you upright

**Sagacity** – that gives you comfort and hope

**Strategies** – that keep you moving

**Solution-Seeking** – behaviors you can show
The world breaks everyone, and afterwards many are strong at the broken places.

Ernest Hemingway
Resistance, readiness & return

“... Psychological, behavioral immunity to distress and dysfunction.”

Johns Hopkins School of Medicine
Resistance (preparedness)

1. Expect to be tested
2. Have experience in the test

Johns Hopkins School of Medicine
What and How

- Prepare to be tested.
- Have positive expectations.
- Have confidence in learning (in coping).
- Practice.

Johns Hopkins School of Medicine
Breathing

Research: Why Breathing Is So Effective at Reducing Stress
by Emma Seppälä, Christina Bradley, and Michael R. Goldstein
September 29, 2020

Don’t get on my “vagus” nerve!
It controls my:
rest, digestion,
helps me calm down,
helps me feel better,
helps me think better,
be better.
SYK Breathing

“SKY Breath Meditation isn't as simple as inhaling for four seconds and exhaling for four seconds. Sudarshan kriya yoga (SKY) is a type of cyclical controlled breathing practice with roots in traditional yoga. It taps into the parasympathetic nervous system.”

Emma Seppälä, PhD, science director at the Stanford Center For Compassion and Altruism Research and Education and lead scientist on a Stanford/Yale study that looked at the benefits of SKY Breath meditation
What, How & When

- Prepare to be tested.
- Have positive expectations.
- Have confidence in learning (in coping).
- Practice.
STOP

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Be well!