

Managing Stress and Building Resilience

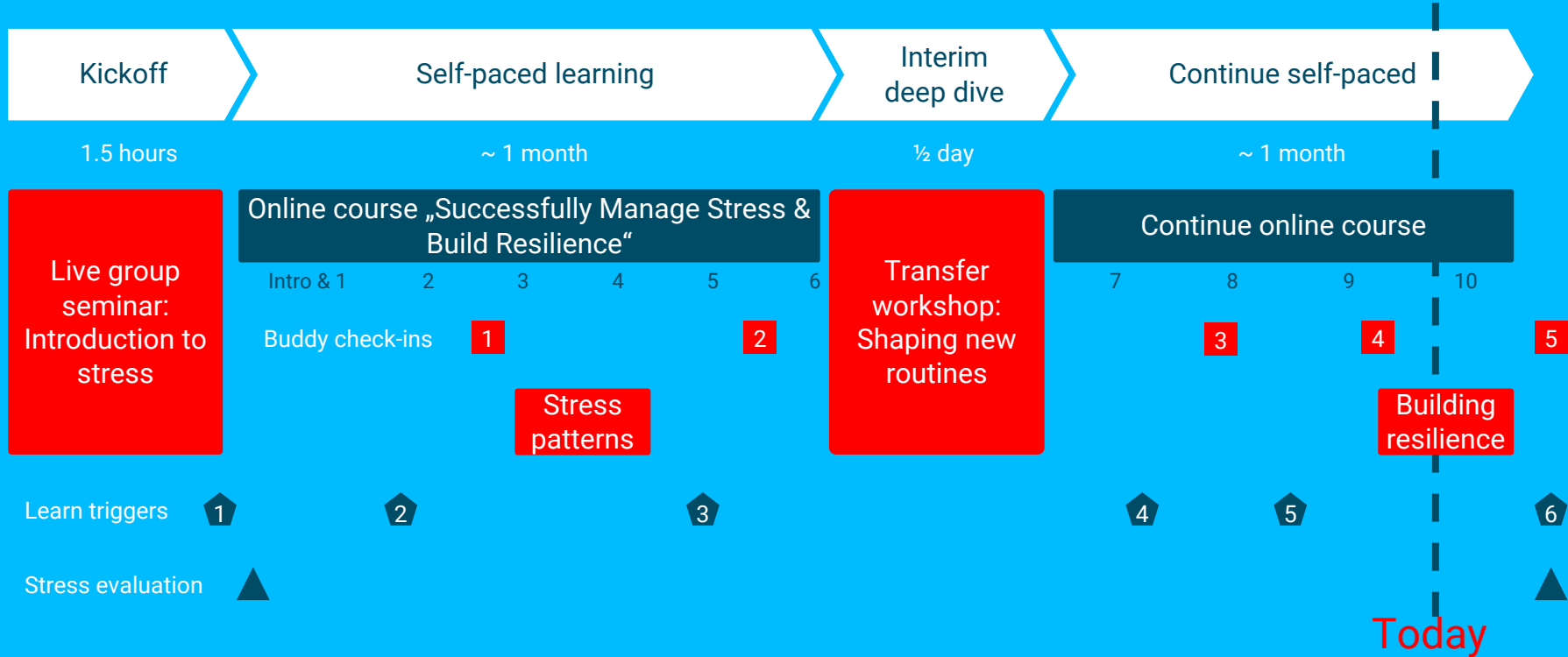


Regeneration and Resilience

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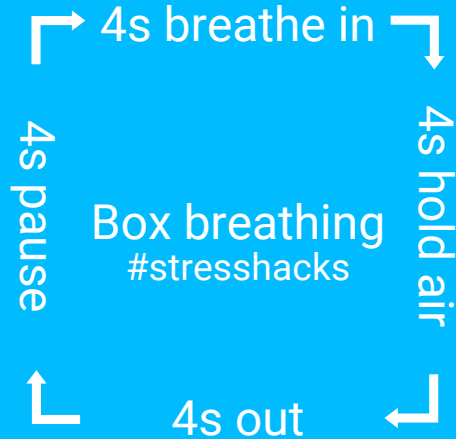
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Recap, this is where we are in the training: Building resilience with a mix of theory and practice, combining live and self-paced learning



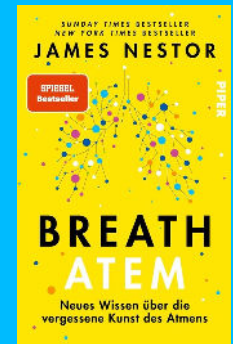
Breathing techniques to build long-term resilience and relief acute stress

Box breathing



Other breathing techniques

- "Fire" breathing (Wimhof)
- Diaphragmatic breathing
- Pursed lips breathing
- Alternate nostril breathing
- Coherent breathing (5 per minute)
- ...



Breathing techniques

Recap key steps to build resilience

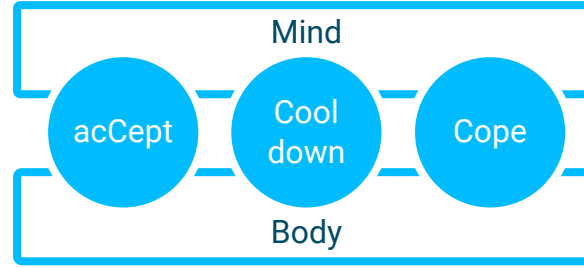
Re-evaluation and goal setting

Wrap-up

Recognize your stress triggers



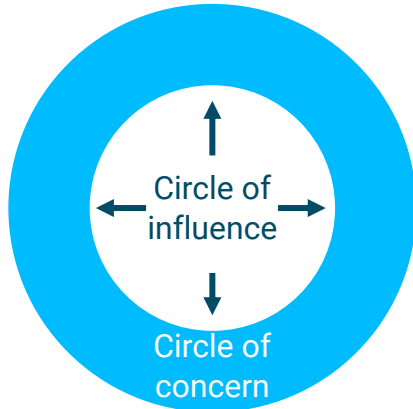
"3C" to interrupt



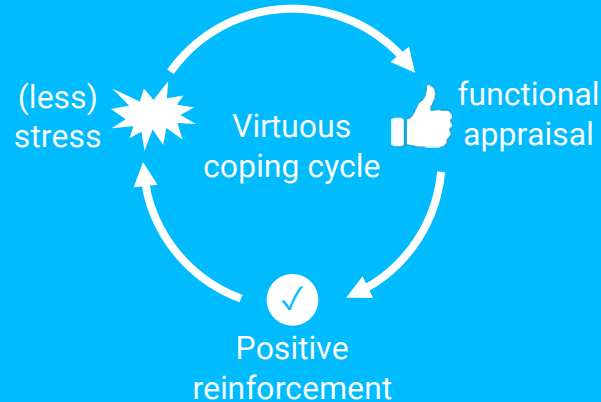
Pay attention to stress amplifiers



Focus on your circle of influence



Develop effective coping



Regenerate short and long term

Tools for mind + body

Breathing

Mindfulness

PMR

The basics

Sleep

Exercise

Nutrition

The three 'basics' of recovery / regeneration

Sleep

- Quality > Quantity
- Deep sleep and REM phases matter most
- Wake up at the end of a (~90 min) sleep cycle

Exercise

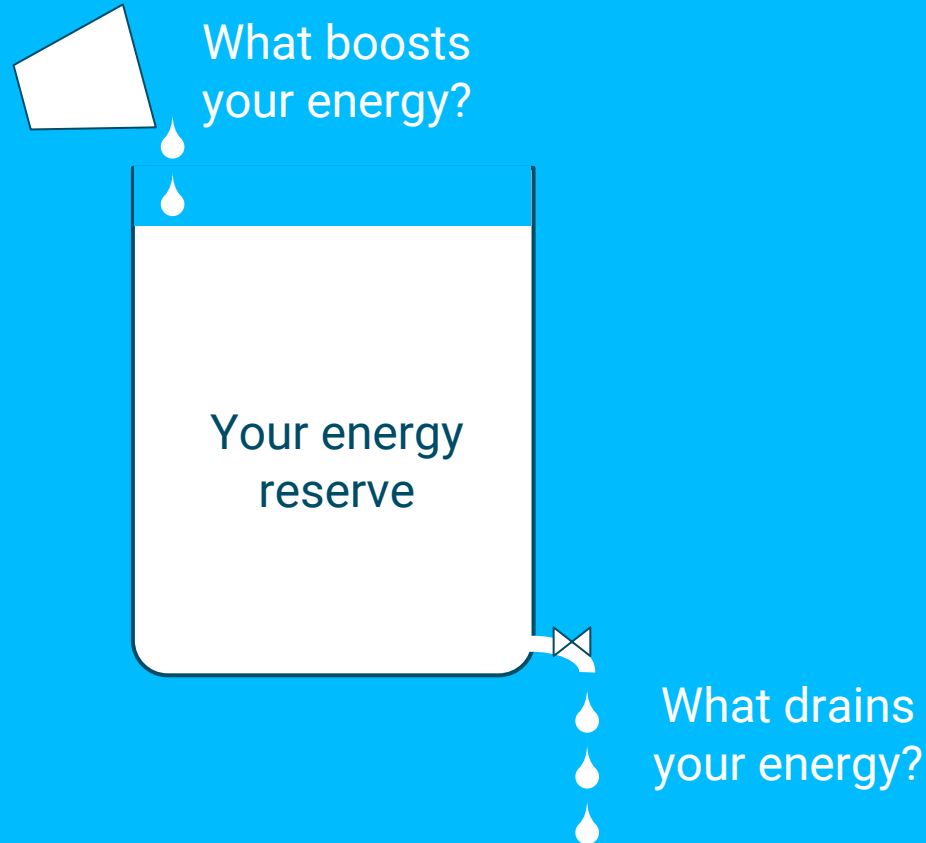
- Physical and mental health (Dopamine)
- Do it regularly, a few times a week
- Ideally in the fresh air and sun

Nutrition

- Balanced diet, which suits you individually
- More: Water, seasonal fruits and vegetables
- Less: Processed food and sugars
- Occasional fasting

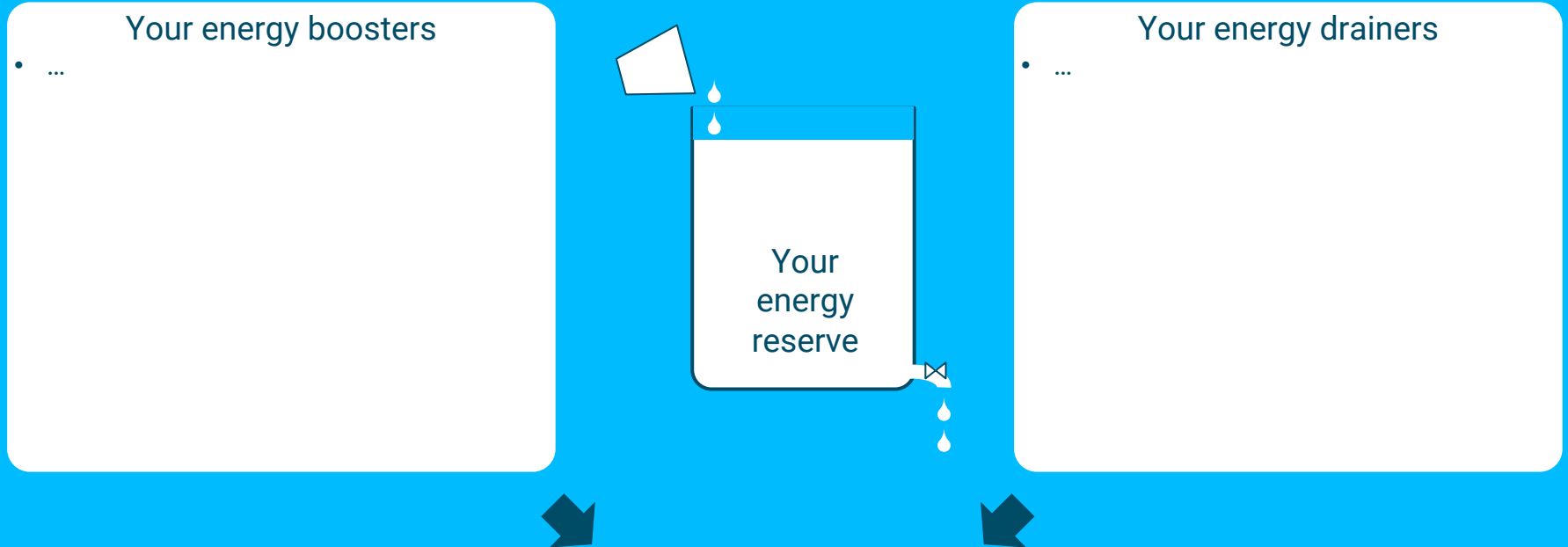
Light – Sun, in the morning, from above

A simple model to think about resilience: Your energy reserve



Exercise: Energy boosters and drainers

1 Find your individual energy boosters and drainers



2 Brainstorm: What can I do to add more energy? Which drainers can I reduce?

Breathing techniques

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Wrap-up

Remember this exercise from the kick-off?

How does my current journey feel like NOW?
Has anything changed?



Set yourself a goal

Individually

5 MINS

- 1 What is the one thing you are going to change / do differently tomorrow morning?
- 2 How do you make sure, not to forget it?

Breathing techniques

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Wrap-up

Managing yourself (and time) is whatever works for YOU!

There are too many concepts and tools out there – but it's worth figuring out what tools & tricks work best for you

A few 'work-life hacks' that work for me

80:20 vs. perfectionism

- Mind the Pareto curve
- Go for 80% "good enough" as default
- Wisely choose, where you need to be more diligent (Hint: Customer Experience is one)



Answer first vs. last

- Hypothesis-driven approach
- Decisions under uncertainty
- Looking for early indicators before evidence



Important vs. urgent

- Some things will not get done, accept it
- Never forget the important in light of the urgent



Doing vs. planning

- Tasks lists are great, but don't overengineer the plan
- Getting stuff done (emails, time blockers, breaks ...)
- OKRs!



„Stress might be the spice of our
life“.

Hans Seyle

Recommended literature

TED Talks

- https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend/
- www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work
- <https://www.youtube.com/watch?v=zE9FfvPyPZg>
<https://www.youtube.com/watch?v=FYm1cliDSJs>
- www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator
- https://www.ted.com/talks/bill_burnett_5_steps_to_designing_the_life_you_want
- www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness
- www.ted.com/talks/dan_buettner_how_to_live_to_be_100

Books

- James Nestor: Breath. The new science of a lost art
- Matthew Walker: Unlocking the Power of Sleep and Dreams
- Jo Marchant: Cure. A journey into the Science of Mind over Body
- Daniel Gilbert: Stumbling on Happiness
- Martin Seligman: Authentic Happiness
- Dave Evans, Bill Burnett: Designing your life
- John Strelecky: The Cafe on the Edge of the World
- John Strelecky: Big 5 for Life
- Mo Gawdat: Solve for Happy
- Simon Sinek, David Mead, Peter Docker: Find you Why
- Yuval Harari: Homo Deus