

# ALLONE HEALTH FAMILY OF EAPS

## INCREASING OUR OWN RESILIENCE

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### Thinking & Feeling:

1) **Emotion Focused Coping:** Distraction, Disclosure, Prayer, Eating, Drinking, Drugs, Journaling, Cognitive Reappraisal, Suppressing

- Some of these are less effective, poorer health outcomes, not a long-term solution
- BUT some of these strategies are a better choice if situation is OUT of your control

2) **Problem Focused Coping:** Targets cause of stress, Problem solving, Time management, obtaining instrumental social support

- Better as it may remove or reduce stressor, however NOT useful when you cannot control the situation

3) **Notice Your Feelings:** Use emotions for a productive purpose instead of letting your emotions use you

- Look at the whole picture and have empathy for the other person's experience
- Our emotions can teach us and naming them soothes us

### Relating & Connecting:

1) **Turning Towards':** Accept bids for connection! It is money in your relationship bank account

- Pay attention to the little interactions, it can help your relationships stay, or become, positive. (Gottman, J., 1999)

2) **Mirror neurons:** wired to perceive others: Our moods can spread to others

- Acknowledge others, does not have to mean agreement, we influence each other

3) **Being vulnerable & feeling grateful:** Allows more organic connection, and gratefulness can alter negative thought patterns

- Having empathy for those we are in relationship with is powerful (Brown, B. 2015)

4) **Boundaries:** Between and within

- Have clear boundaries between colleagues when there are dual roles within a community
- Self-critic - pay attention to what you are telling yourself, the judgments you may be placing on yourself

### Noticing & Responding:

1) **NOTICE the body you live in:** We are often not aware of ourselves

- Square breathing, Calm App, tip of nose
- Taste your food, focus on eating
- Pay attention to one body part, body scan

2) **NOTICE the world around you:** Being engaged in our surroundings can help get out of your own head

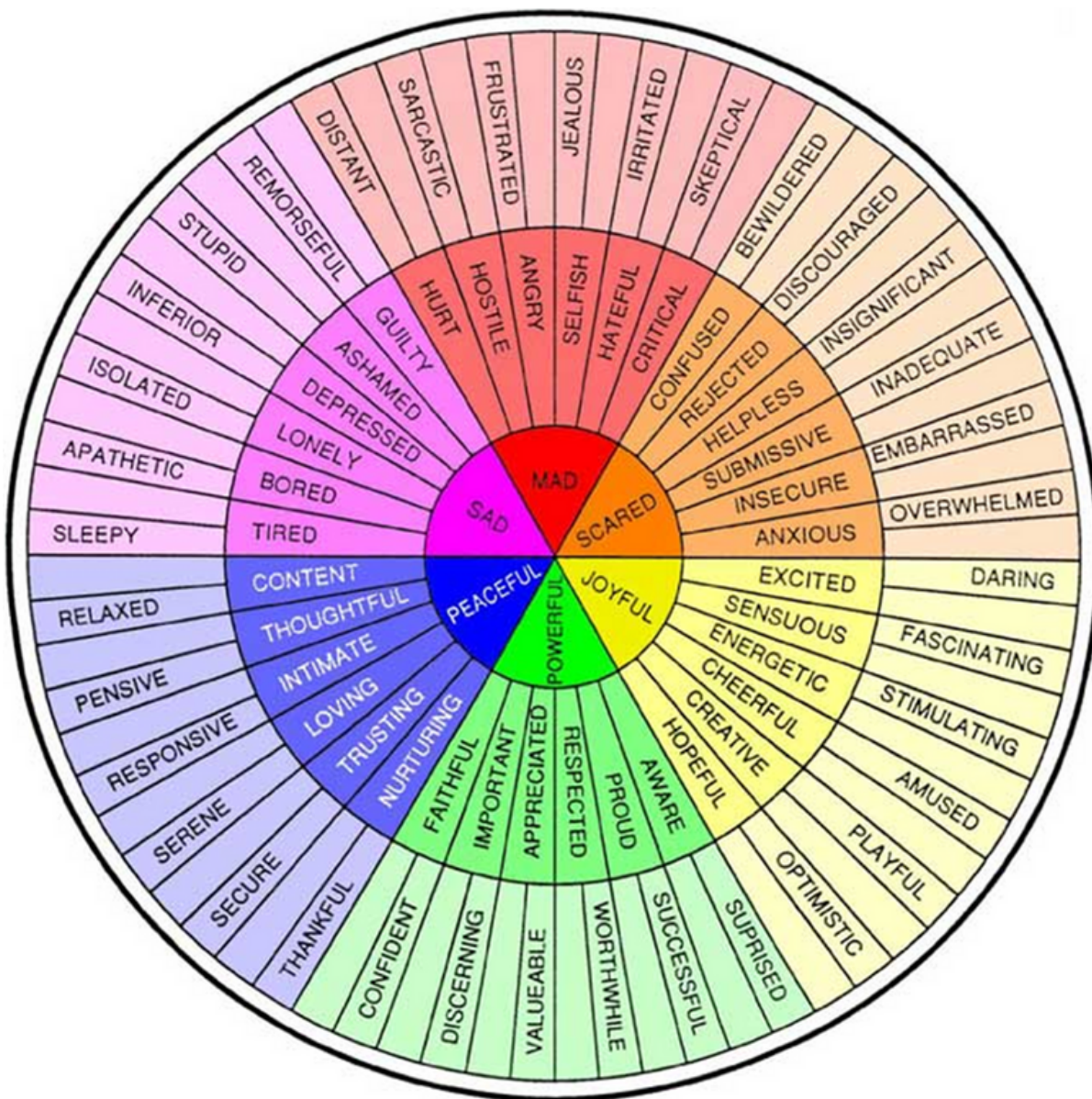
- Spend time in nature, from hunting, hiking, sitting on your front step
- Movement is a great way to combat stress, any type of movement

3) **RESPOND to both of these:** Calm, soothe, energize and connect

- To calm your mind and access logical thinking, calm the amygdala and don't flip your lid. (Siegal, D. & T. Paine Bryson, 2011)
- Mindfulness: Being present in this moment, 54321
- Limit screen time....and social media

## **54321 Mindfulness**

- **Notice 5** things you can see. Say them silently to yourself.
- **Notice 4** things you can hear. Say them silently to yourself.
- **Notice 3** things you can feel. Say them silently to yourself.
- **Notice 2** things you can smell. Say them silently to yourself.
- **Notice 1** thing you can taste. Say it silently to yourself.



## **Additional Resources**

### **Books:**

- Wherever You Go There You Are by Jon Kabat-Zinn
- Calming Your Anxious Mind by Jeffrey Brantley
- Fully Present by Susan M. Smalley

### **Video:**

- Mirror Neurons – Nova Science Now - <http://youtu.be/0kx3bFZLgZo>

### **Websites:**

- <http://marc.ucla.edu/mindful-meditations>

### **Articles:**

- Social Learning of Fear: Reducing Your Fear of the News -  
<https://www.takingcharge.csh.umn.edu/social-learning-fear-reducing-your-fear-news>
- How Does Mindfulness Work? -  
<https://www.takingcharge.csh.umn.edu/explore-healing-practices/mindfulness/how-does-mindfulness-work>

