



Connect to BALANCE

Safeguarding Your Mental Health
During Transitions


THE POWER OF RESILIENCE PLANNING

with Sheila Robinson-Kiss, Msw, Lcsw

You are Worthy of Balance!

**Give it Everything
You've Got!**

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The background of the slide features a monochromatic blue-tinted image of architectural blueprints. In the foreground, a silver mechanical compass and a dark blue pen are positioned diagonally across the plans. Several white rolls of paper are visible in the upper portion of the frame, partially unrolled to reveal more of the blueprint details. The overall aesthetic is professional and technical.

Over 90% of
people have yet to
create a resilience
plan to support
their mental health
and well-being.

-Psychology Today

Do you have a (*resilience*) plan?

What is a resilience plan?

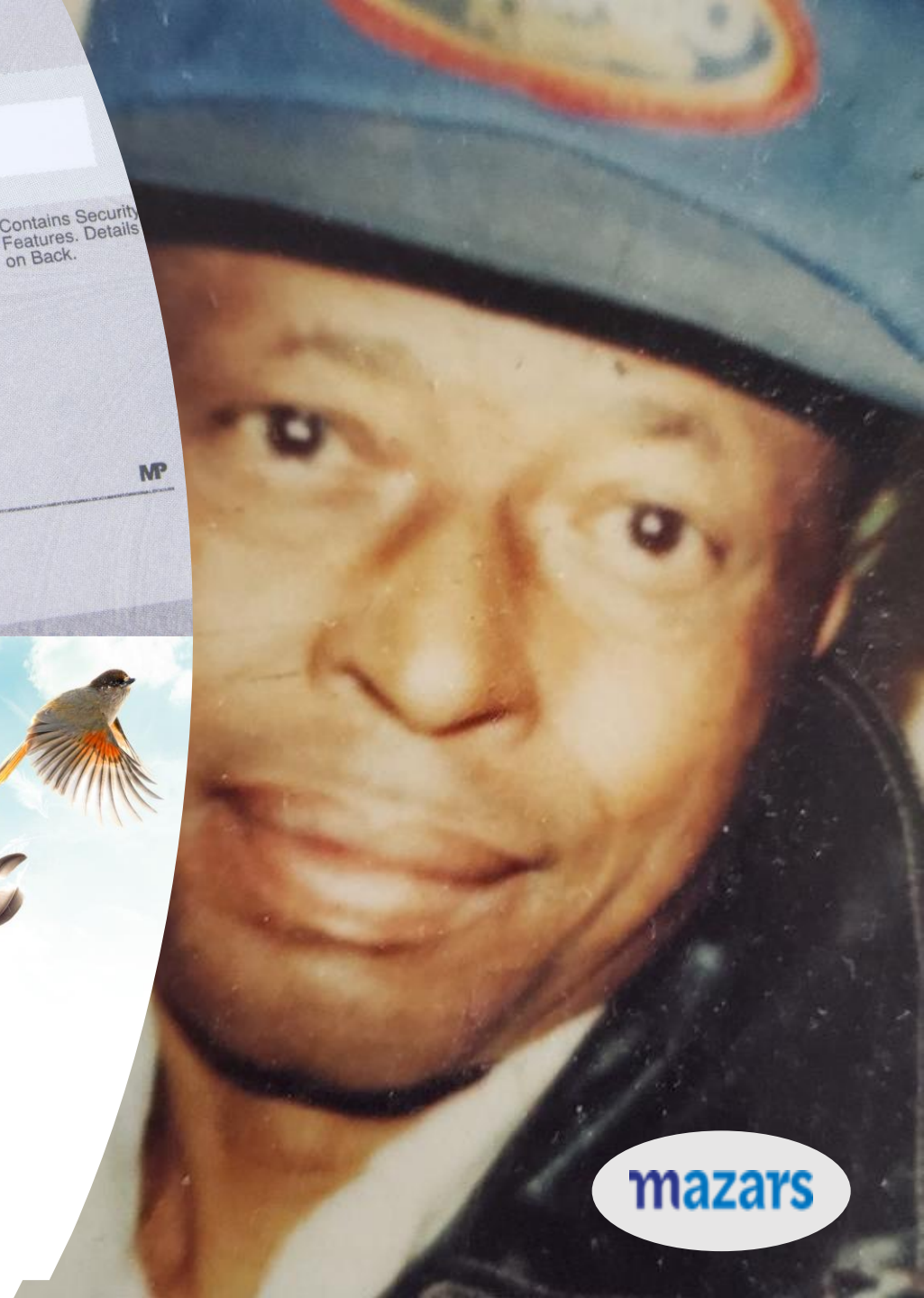
K.I.S.S. Keep it Short and Simple.

A resilience plan is a personal plan, you create, to ensure you live an elevated life, avoid derailment, and bounce back quickly.

Four Keys to Sustain Balance and Grow Resilience

The wisdom of Grandpa Hood Meets Today's Best Science on Wellness

- 1. Decide.**
Take full ownership of living a resilient lifestyle.
- 2. Prioritize.**
If it matters, keep it in front if you.
- 3. Implement.**
Find momentum in the doing.
- 4. Connect.**
Rethink connection.



Pay to the
Order of _____



The benefits of cashing your second paycheck

- ✓ Increased life span (6-7 years).
- ✓ 30% reduction in the onset of depression and anxiety.
- ✓ Greater overall life satisfaction
- ✓ Increased energy and productivity.
- ✓ Better sleep.
- ✓ Experience calm and connected relationships.

#1 Decide

to be accountable for your
MINDSET

The more accountable you are for growing your resilience and maintaining balance, the more **influence** you will have **over how you live, work, and feel, daily.**

Decisions

Determine

Destiny

Nail Down Your Narrative During Life Transitions and Beyond

We don't respond to what is happening. We respond to what we tell ourselves is happening.

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Precision in accounting and in thinking matters the most.

(Sheila Robinson-Kiss)

The average person experiences 80% of their thoughts as negative each day.

(National Science Foundation)



This Decision Changes Everything

“Resist Nothing”

Use **acceptance and commitment** to cut through stress, anxiety, tension.

- *Free up valuable energy.*
- *Unleash hidden opportunities.*
- *Find balance.*

The most stress hardy people have developed a way to make sense of upsetting things that happen in life, and move on.

-Psychology Today



Key Question:

Can you think of an area in your life, where moving into acceptance will support your balance?




#2 Prioritize

Keep what matters in front of you.

Cue up your environment for success





**“The key is not
to prioritize
what's on your
schedule, but
to schedule
your priorities.”**

-Stephen Covey

A silhouette of a person standing on a mountain peak with arms raised in triumph against a bright sky. The person is wearing a backpack and is standing on a rocky outcrop. The background shows a vast landscape of mountains under a clear blue sky with some light clouds. The sun is low on the horizon, creating a bright glow.

Key Question:

What are two or three ways you can begin cueing up your environment today?

Prioritize Access to Supportive Resources

Get Greedy About Your Well-being!





PARAD'S ROLLER COASTER MODEL OF DEALING WITH STRESS

"One way or another our stress trauma resolves."

-Parad

How we decide to move through transitions can create stress or emotional freedom for us.



Cope with Stress
and Transition
Proactively During
the Moment of
Decision.

3 Questions to Ask Yourself During the Moment of Decision

1. What must remain intact as I deal with this stress or move through this transition?
2. What empowering narrative can I create around this change to best support myself?
3. What am I working with?
What resources can I access?



#3

The top emotional triggers people experience are rejection, unjust treatment, being excluded, and criticism.
(Healthline)

IMPLEMENT THE TOOLS WITH INTENTION

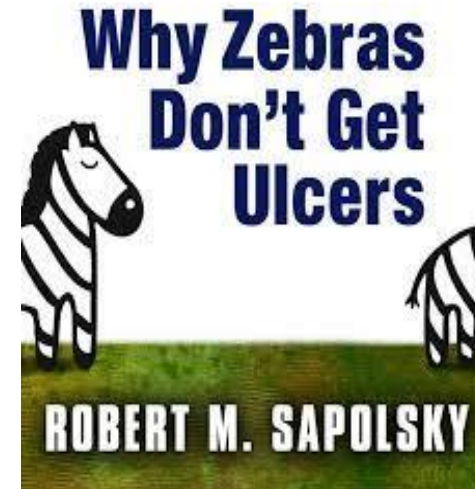
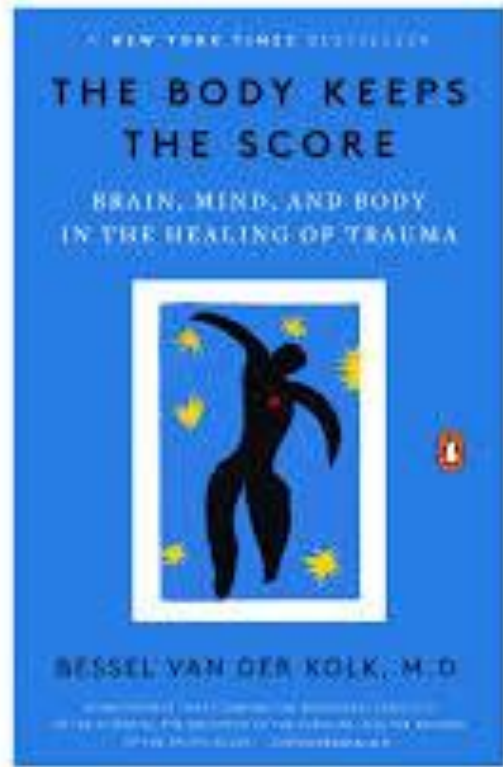
GET IN FRONT OF YOUR STRESS BY BEING MINDFUL OF MEANING
Use the Preprogramming Method

“Anything you can count on happening, you can begin to control for.”

A silhouette of a person standing on a mountain peak with arms raised in triumph against a bright sky. The person is wearing a backpack and climbing gear. The background shows a vast mountain range under a clear blue sky with some light clouds. The sun is low on the horizon, creating a bright glow.

Key Question:


Take a moment to identify where implementing preprogramming method might be useful for you ?



Process
Your
Emotions
and Take
the **Trash**
out Daily.

Know What Your Protective Factors Are: UTILIZE THEM OFTEN

- Family
- Friends
- Keeping a Connection Calendar
- Diet/ Nutrition
- Sleep Habits
- Hobbies/ Pets
- Your Care and Concern
- Your Attitude (Perspective)
- Spiritual Beliefs
- Exercising
- Work



The second most important predictor of mortality is degree of social connectedness. Studies show a three fold difference in life-length for people who have a strong social network.
(National Mental Health Institute)

Connection Matters- Worldwide
30% of people report feeling lonely very often.
(National Mental Health Institute)

#4 GET CONNECTED AND STAY CONNECTED

CONNECTION can support and ground you during periods of transition. Our bodies and minds experience a lack of connection as threatening. **Connection calms the mind/body and fuels feeling of safety.**

**Plan for
connection
and build it
into your life.**

*Add to Your Connection
Calendar Continuously.*

Enjoy a 30%
reduction in stress
by simply having
something to look
forward to on your
calendar!
-Psychology Today

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A silhouette of a person standing on a rocky mountain peak with their arms raised in a 'V' shape, celebrating. The background is a bright sunset or sunrise over a vast mountain range. The sky is a mix of blue and orange, with the sun low on the horizon. The person is wearing a jacket and has a backpack. The overall mood is one of achievement and triumph.

Key Question:

Can you think of a few connections you would like to grow in your life?



To Claim Your Bonus Goodies Visit:

iamtheheroinmylife.com

9 out of 10 people report that expressing gratitude on a consistent basis makes them extremely happy. Keeping a gratitude journal increases overall happiness by 10%.
(The Halo Report)

BEGIN and END with ABUNDANCE

Choose a Resilience Anchor
(Nature and Gratitude).

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