STAYING GROUNDED IN A HECTIC WORLD

Kelcey Stratton, PhD
Chief Behavioral Health Strategist
Clinical Assistant Professor in Psychiatry
Cultivate AWARENESS

Make time to RECOVER

Restore VITALITY & JOY
Overactive parasympathetic response
“stuck on low”

- Muscle tension
- Feeling overwhelmed
- Feeling on edge
- Difficulty thinking clearly
- Increased heart rate
- Reduced awareness
- Disengagement
- Exhaustion/fatigue
- Isolated/disconnected
- Difficulty processing new info

Overactive sympathetic response
“stuck on high”

- Muscle tension
- Feeling overwhelmed
- Feeling on edge
- Difficulty thinking clearly
- Increased heart rate
- Reduced awareness
- Disengagement
- Exhaustion/fatigue
- Isolated/disconnected
- Difficulty processing new info

Window of Resilience

- Stress
- Flexible and adaptable
- Responsive not reactive
- Can engage with learning/change/growth
- Connected with others

Overactive parasympathetic response
“stuck on low”

Overactive sympathetic response
“stuck on high”

Window of Resilience

Identifying emotions and sensations
Mindful presence
Deep breathing
Self-soothing and calming to regulate
Connect with others
Helpful thinking
Small moments of pause or rest throughout the day

Overactive parasympathetic response
“stuck on low”
STOP (or pause) what you are doing
Give yourself a moment to rest.

TAKE 3 deep breaths
Notice the sensations of breath and of your body.

OBSERVE what you are feeling in your body, emotions, thoughts
Notice how you can be in this situation without being ruled by it. You can try relaxing or softening as you need. Remain open to the choices you have in terms of how best to move forward from here.

PROCEED with what you are doing
With a little more wisdom, intention, and presence.
RESOURCES FOR CULTIVATING AWARENESS

HEALTHY MINDS PROGRAM
Free app with many guided practices to support awareness, connection, insight, and purpose

UCLA MINDFUL
Free app with guided practices in 18 languages; also available as website version

WHEEL OF AWARENESS
Practice developed by Dan Siegel to cultivate greater awareness and equanimity

MHEALTHY & ASSET HEALTH PORTAL
Many mindfulness, yoga, relaxation videos and resources; Take 5 to Focus program coming in November 2023

INSIGHT TIMER
Free app with large amount of content: timers, guided practices, nature sounds, and more
SLOWING DOWN
Making time to recover

GIVE CARE TO YOUR ESSENTIAL NEEDS
What would be most supportive to you right now?

PRIORITIZE TIME TO PAUSE AND REST
Time for reflection, connection, joy, and recovery.
Set boundaries and expectations with yourself and others.
FINDING YOUR COPING "FLEXIBILITY SEQUENCE"

What do I need?

What can I do?

Is it working?

LETTING GO

We must sometimes let go of unnecessary burdens and focus energy on what matters most.

NOTICE (AND RELEASE) UNHELPFUL EXPECTATIONS

What stories do you hold about others or yourself?

How can you stay present and appreciate the moment just as it is?

SELF-COMPASSION

Practice gentleness and kindness to yourself (especially in moments of overwhelm or pain).
RESOURCES FOR RESILIENCE AND RECOVERY

**SELF-COMPASSION FROM KRISTIN NEFF**
Practical exercises and information to cultivate self-compassion

**TARA BRACH’S “RAIN” PRACTICE**
A tool for practicing mindfulness and compassion

**WELL-BEING TOOLS**
Brief, evidence-based practices from Duke Center for Healthcare Safety and Quality

**MHEALTHY**
A holistic philosophy of well-being to support all aspects of your health
TRANSFORMATION AND VITALITY

RECONNECT TO PERSONAL VALUES AND PRIORITIES

What is most important to you at this time in your life?

MAKE MEANING OF EXPERIENCES

Identify challenges, seek support from others, and consider other perspectives.
VALUES CLARIFICATION

What’s important to you?
What do you care about?
What would you like to work towards?

Worksheet: https://drexel.edu/~media/files/studentlife/counseling/bulls%20eye%20values%20exercise.ashx?la=en
JOY IS A PRACTICE

“Be present in all things and thankful for all things.”

—Maya Angelou
ROOTED IN COMMUNITY

Our relationships offer resources, support, and resilience.

BE KIND

Express gratitude and practice patience and gentleness in your interactions.

REACH OUT

Check in with yourself and others and seek opportunities to intentionally build community.
SHARING JOY

“Moments of grace in the endless stream of experience.”

—Jared Gottlieb
What makes a good day?
What matters most to you?
THE POWER OF JOY EVERYWHERE

We can intentionally practice joy and connection and replenish vitality.

What if we choose joy?

• Ensure joy is a shared responsibility
• Eliminate “joy diminishers”
• Remember meaning and purpose
• Be generous in gratitude and recognition
• Cultivate positive relationships
• Welcome moments of delight
RESOURCES FOR VITALITY AND JOY

BE KIND BE WELL
Ideas and resources to promote kindness, compassion, and gratitude at work

ON BEING
Art, science, philosophy, and conversation: What does it mean to be human? How do we want to live? And who will we be to each other?

GREATER GOOD SCIENCE CENTER
Science on the meaningful life

CENTER FOR POSITIVE ORGANIZATIONS
From Michigan Ross, tools and research on positive work
“Discovering more joy does not save us from the inevitability of hardship and heartbreak. In fact, we may cry more easily, but we will laugh more easily too. Perhaps we are just more alive.

Yet as we discover more joy, we can face suffering in a way that ennobles rather than embitters. We have hardship without becoming hard. We have heartbreaks without being broken.”

—Archbishop Desmond Tutu
WHEN MORE HELP IS NEEDED

There are resources available to you through every season of life.

MICHIGAN MEDICINE OFFICE OF COUNSELING AND WORKPLACE RESILIENCE
http://counseling.med.umich.edu
734-763-5409 or counseling@med.umich.edu

FACULTY AND STAFF COUNSELING AND CONSULTATION OFFICE
https://fascco.umich.edu
734-936-8660 or fascco@umich.edu
Nature Rx

This app will help you
■ Take breaks in nature
■ Practice self-compassion
■ Restore
■ De-stress
■ Reconnect with purpose
■ Energize your day

Now available in the Michigan App
Scan QR code to download