



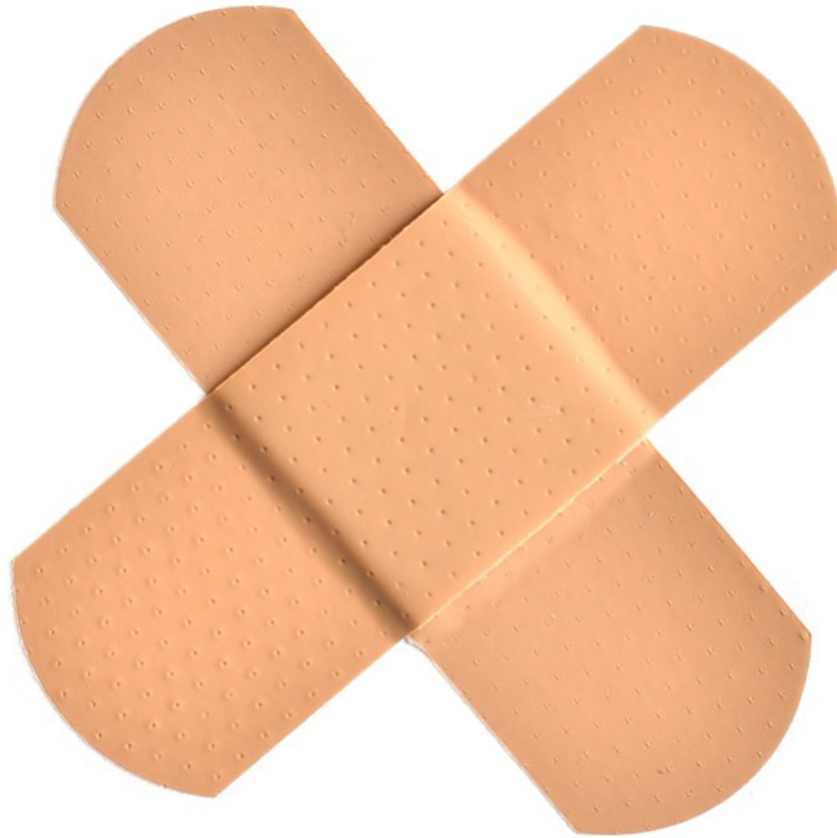
ULTIMATE
Healing
JOURNEY

Resilience: Stronger You



**Presented by
Debbie Lyn Toomey, MSN, RN**

Image source: Pixabay





THERE IS NO CONFLICT OF INTEREST

DISCLAIMER

This program should not replace any current physical or mental/emotional treatment plans that you may currently have with your specialist(s).

Contents of this program are based on current research recommendations and personal experiences of the presenter.



OBJECTIVES

Discuss resilience

List the three key concepts of resilience

Introduce positive psychology (PP)

Discuss the 3Ps of optimism

Explain how positive emotions can lead to better health and resilience

Discuss the 24 character strengths

Introduce gratitude

Discuss mindfulness

List the seven attitudes of mindfulness

Discuss non-rem and rem sleep cycles

Discuss barriers to sleep

Explain sleep hygiene

Discuss yoga nidra and its benefits

Introduce positivity skills that bolster resilience

Resilience

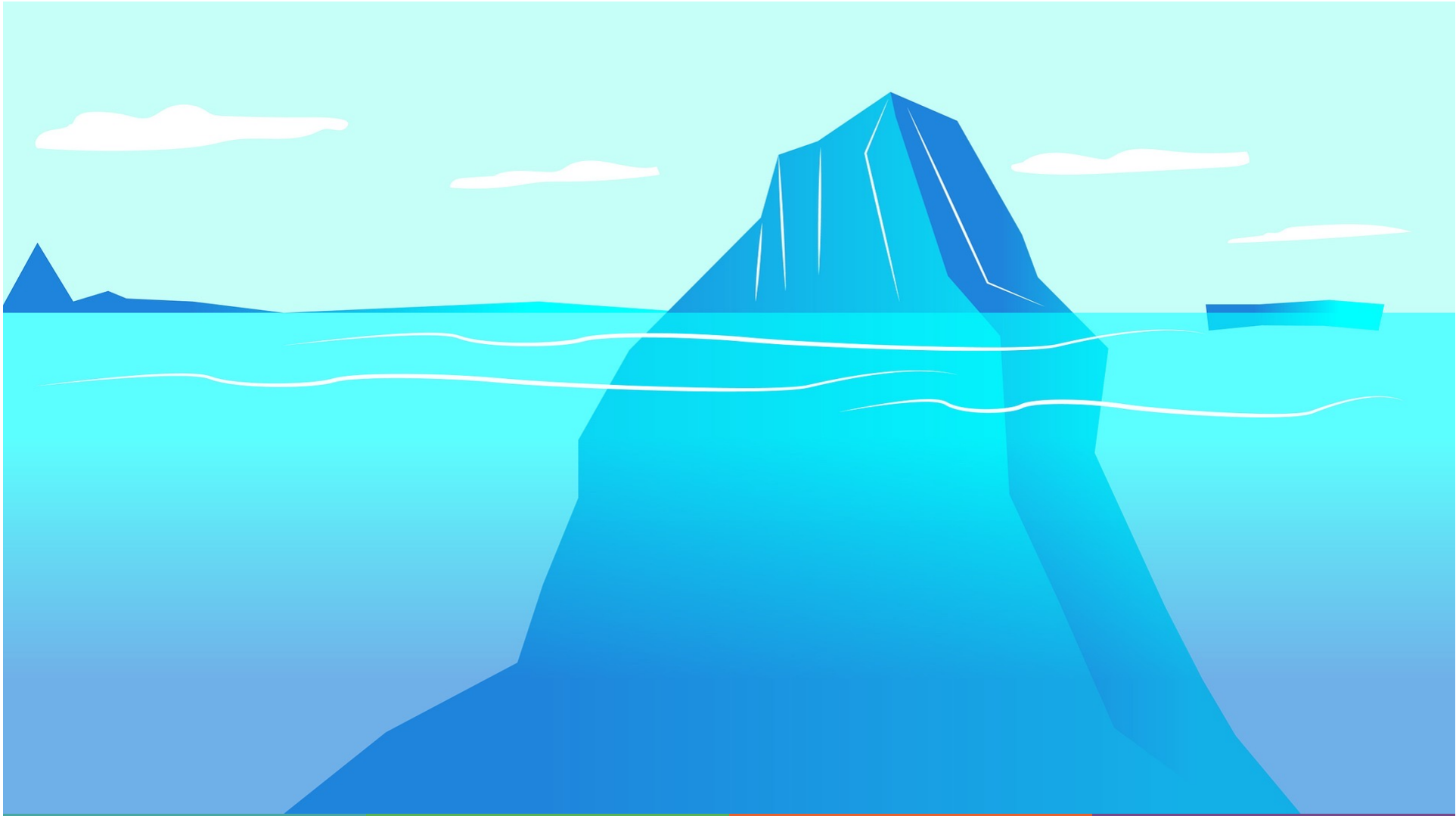
```
graph TD; Resilience[Resilience] --- StrongerYou[Stronger You]; StrongerYou --- PP[Positive Psychology (PP)]; StrongerYou --- Mindfulness[Mindfulness]; StrongerYou --- Sleep[Sleep];
```

Stronger You

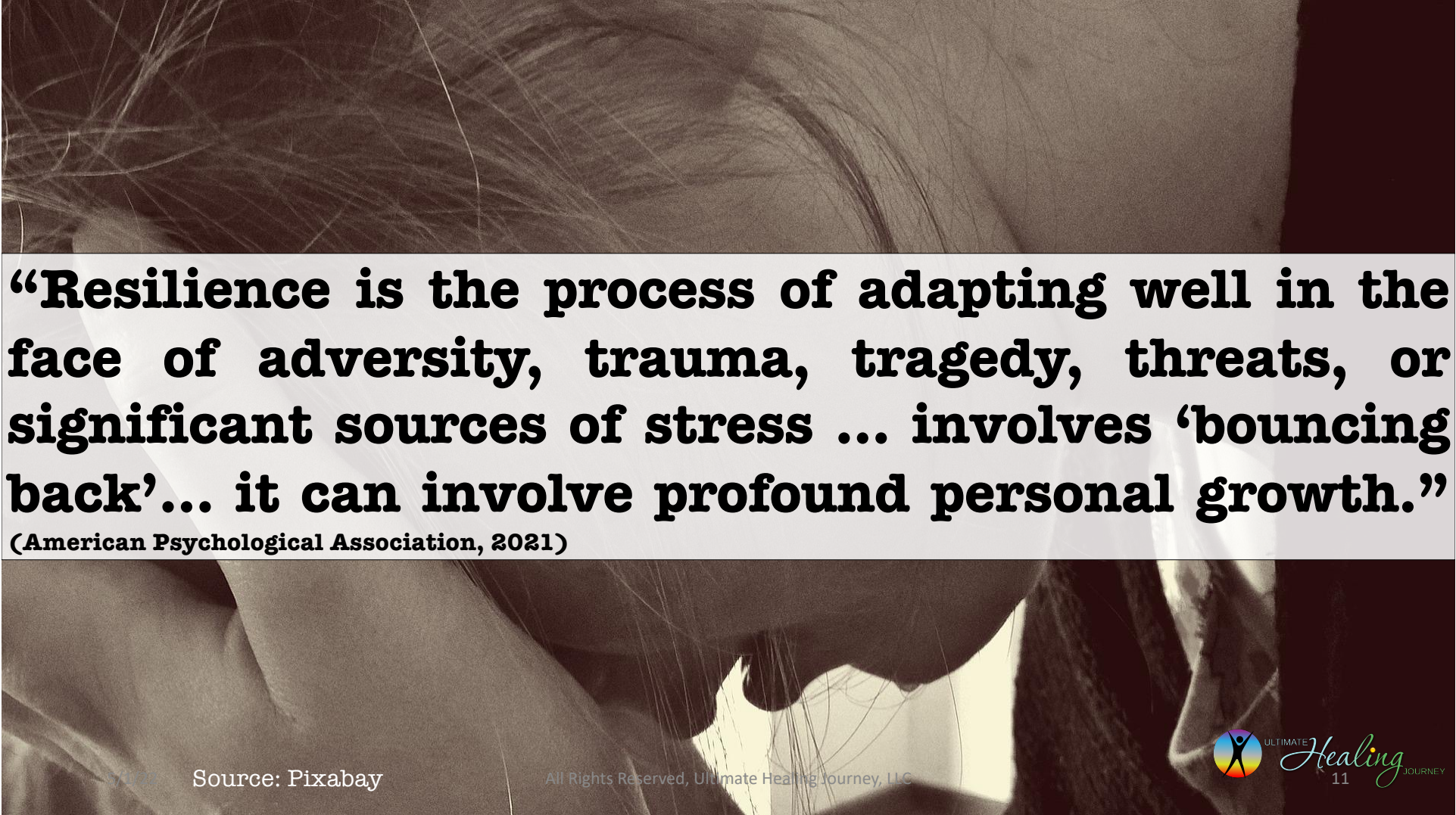
**Positive
Psychology
(PP)**

Mindfulness

Sleep



What is Resilience?



“Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress ... involves ‘bouncing back’... it can involve profound personal growth.”

(American Psychological Association, 2021)

Source: Pixabay

All Rights Reserved, Ultimate Healing Journey, LLC

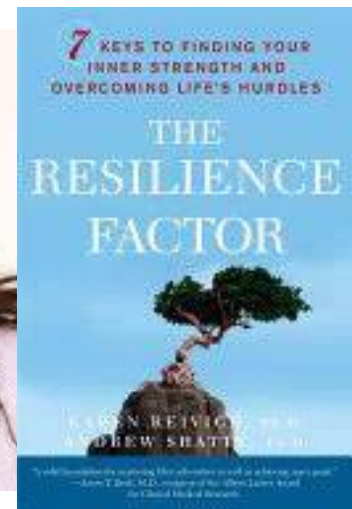
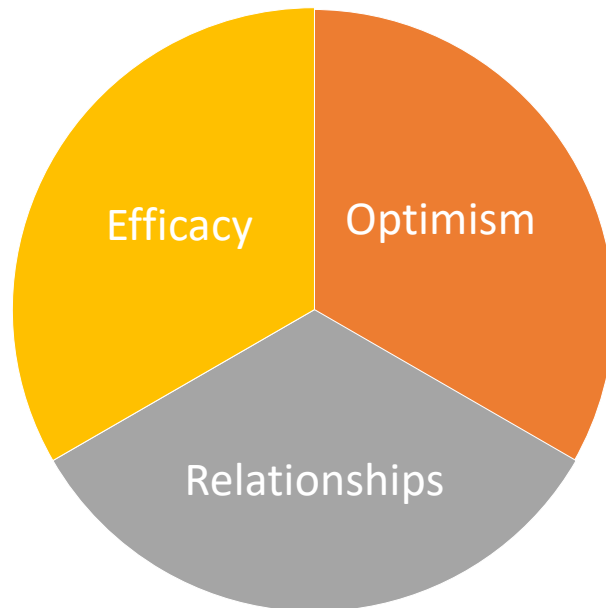


“Resilience is the ability to navigate and grow from challenges and adversities... Resilience requires tools... It is about tapping into you inner and outer resources. (Karen Reivich, PhD)

WHY IT'S MORE THAN BOUNCING BACK

(Karen Reivich, PhD)

3 KEY CONCEPTS OF RESILIENCE



Sources: K. Reivich n.d.; google image

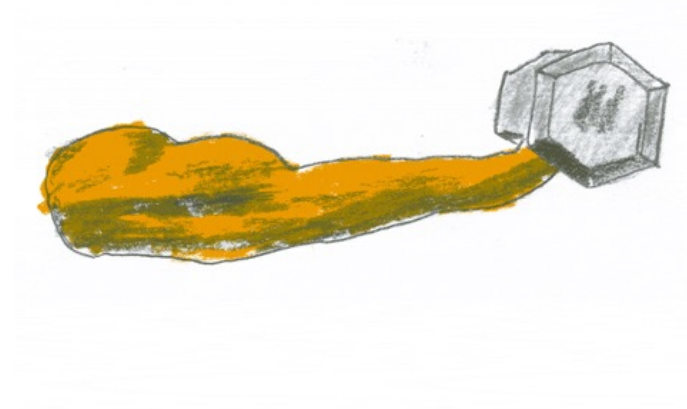
HOW CAN RESILIENCE GET STRONGER

(Karen Reivich, PhD)


CULTIVATE

DEVELOP

ENCOURAGE



Sources: K. Reivich, n.d.; giphy



**How resilient
are you?**

Image source: Pixabay

5/1/22

All Rights Reserved, Ultimate Healing Journey, LLC

RESILIENCE QUESTIONNAIRE (NMRQ)

1 – 5 SCALE (1 = STRONGLY DISAGREE, 5 = STRONGLY AGREE)

1. In a difficult spot, I turn at once to what can be done to put things right.
2. I influence where I can, rather than worrying about what I can't influence.
3. I don't take criticism personally.
4. I generally manage to keep things in perspective.
5. I am calm in crisis.
6. I'm good at finding solutions to problems.
7. I wouldn't describe myself as an anxious person.
8. I don't tend to avoid conflict.

Source: abbreviated version of Nicholson McBride Resilience Questionnaire (NMRQ)

5/1/22

All Rights Reserved, Ultimate Healing Journey

RESILIENCE QUESTIONNAIRE (NMRQ)

1 – 5 SCALE (1 = STRONGLY DISAGREE, 5 = STRONGLY AGREE)

9. I try to control events rather than being a victim of circumstances.

10. I trust my intuition.

11. I manage my stress levels well.

12. I feel confident and secure in my position.

TOTAL SCORE: _____

WHERE ARE YOU ON THIS SCALE?

0 – 37 Developing Level

38 – 43 Established Level

44 – 48 Strong Level

49 – 60 Exceptional Level

Source: abbreviated version of Nicholson McBride Resilience Questionnaire (NMRQ)

5/1/22

All Rights Reserved, Ultimate Healing Journey

```
graph TD; Resilience[Resilience] --- StrongerYou[Stronger You]; StrongerYou --- PositivePsychology[Positive Psychology  
"Best-self"]; StrongerYou --- EmptyBox1[ ]; StrongerYou --- EmptyBox2[ ];
```

Resilience

Stronger You

**Positive
Psychology**
“Best-self”

POSITIVE PSYCHOLOGY

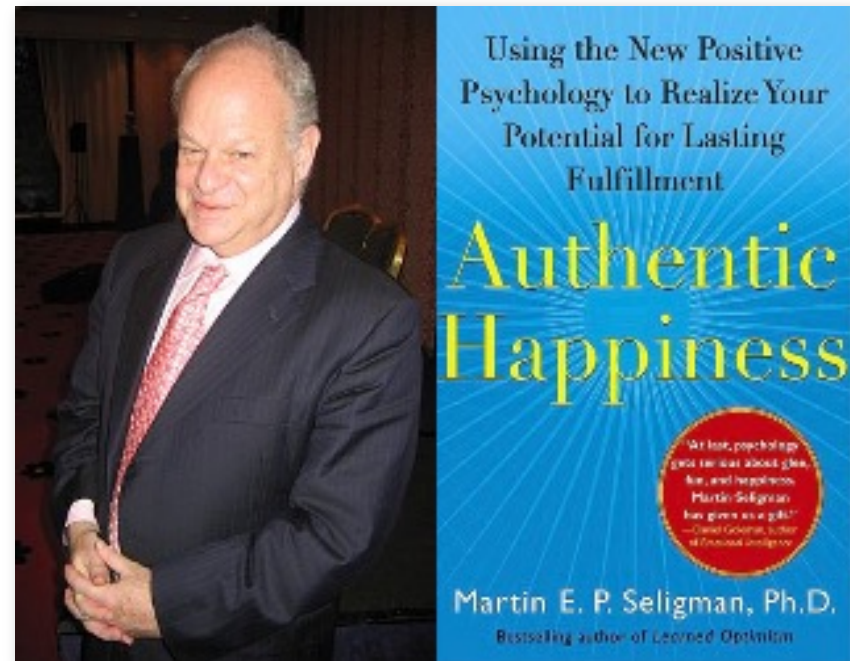


WHAT IS POSITIVE PSYCHOLOGY

“The scientific study of human strengths and virtues.”

“The study of what constitutes the pleasant life, the engaged life, and the meaningful life.”

(Martin Seligman, n.d.)



HOW ARE RESILIENCE & PP RELATED

**BEST-SELF &
BEST-LIFE**

**MEANINGFUL
RELATIONSHIP**



**OPTIMUM
HEALTH &
WELBEING**

**POSITIVE
HABITS**

Source: Luthar, 2006; Csikszentmihalyi & Nakamura, 2011 ;Luthar, Lyman, & Crossman, 2014

5/1/22

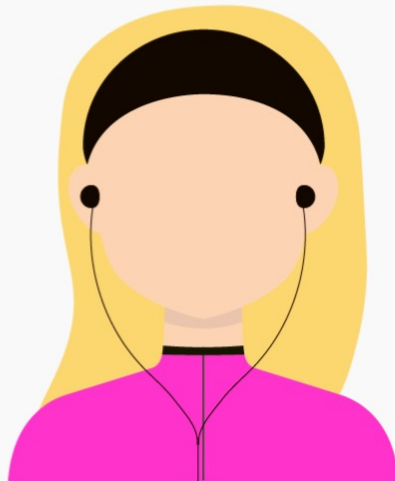
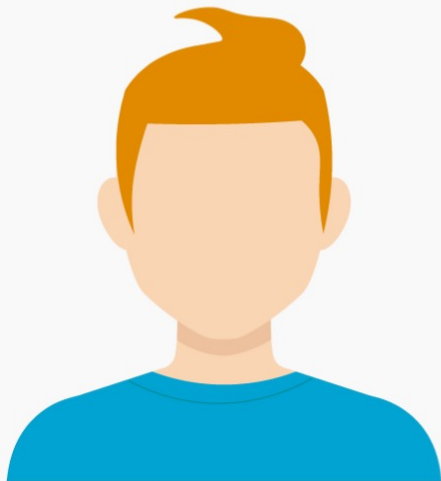
All Rights Reserved, Ultimate Healing Journey, LLC

RESEARCH

Learned optimism

“3Ps”

Martin Seligman, PhD, author of
Learned Optimism



WHAT ARE THREE P's of OPTIMISM



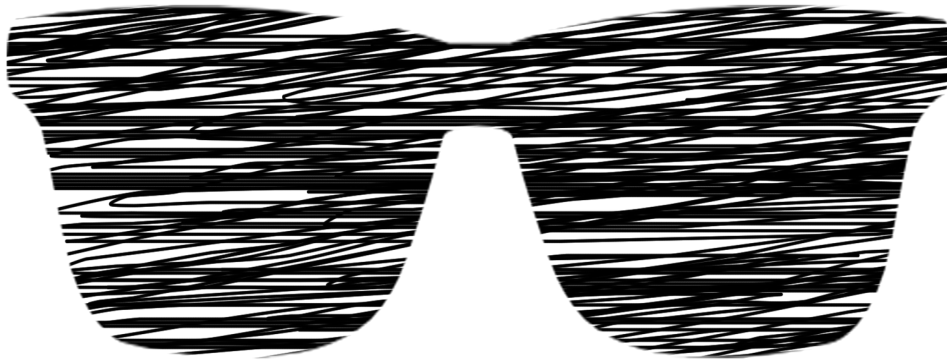
Personalization – blaming yourself for the problem or failure

Pervasiveness – assuming negative situations impact all domain of your life

Permanence – believing that bad events will last forever

Sources: <https://positivepsychology.com/resilience-theor/>; Seligman (1990)

HOW TO STRENGTHEN RESILIENCE



**Understanding the 3 Ps
bring awareness to
how your thoughts,
mindset, belief system
can affect how you
see experiences
in your life.**

Sources: <https://positivepsychology.com/resilience-theor/>; Seligman (1990)

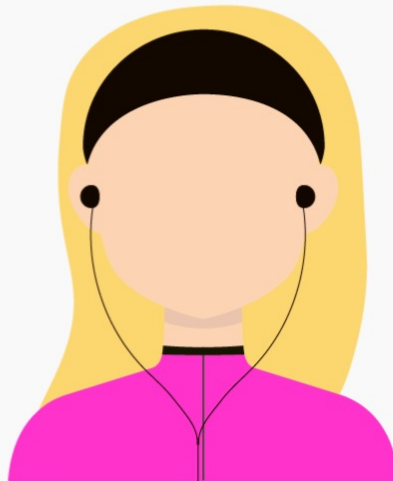
RESEARCH

Learned optimism “3Ps”

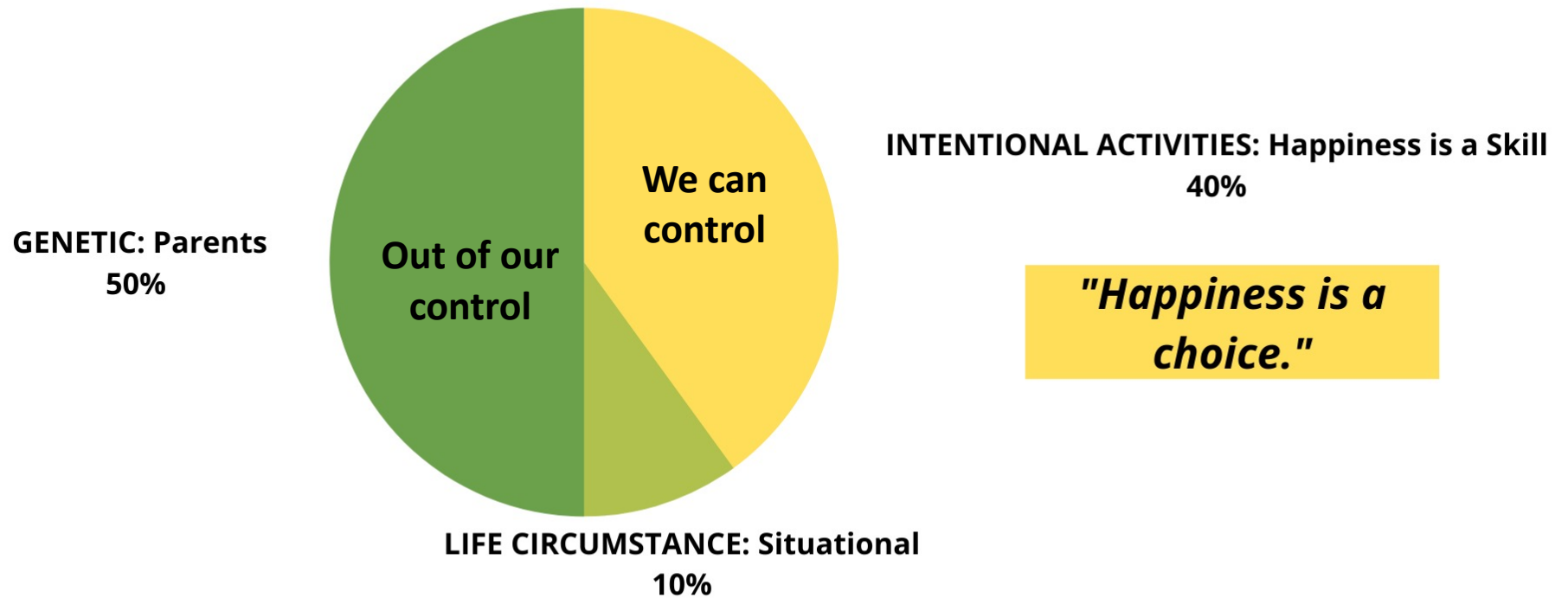
Martin Seligman, PhD, author of
Learned Optimism

Happiness set point

Sonja Lyubomirsky, Ph.D. author
of *The How of Happiness*



Happiness Set Point



Source: Sonja Lyubomirsky, Ph.D. author of *The How of Happiness*

RESEARCH

Learned optimism “3Ps”

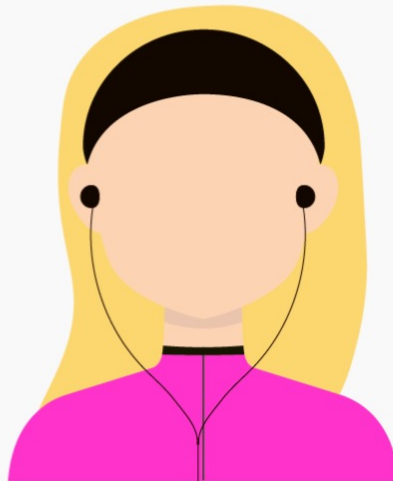
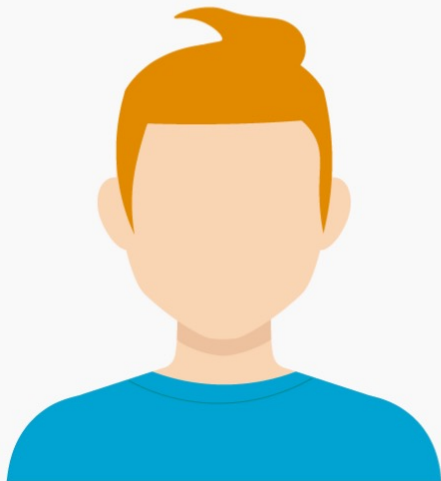
Martin Seligman, PhD, author of
Learned Optimism

Happiness set point

Sonja Lyubomirsky, Ph.D. author
of *The How of Happiness*

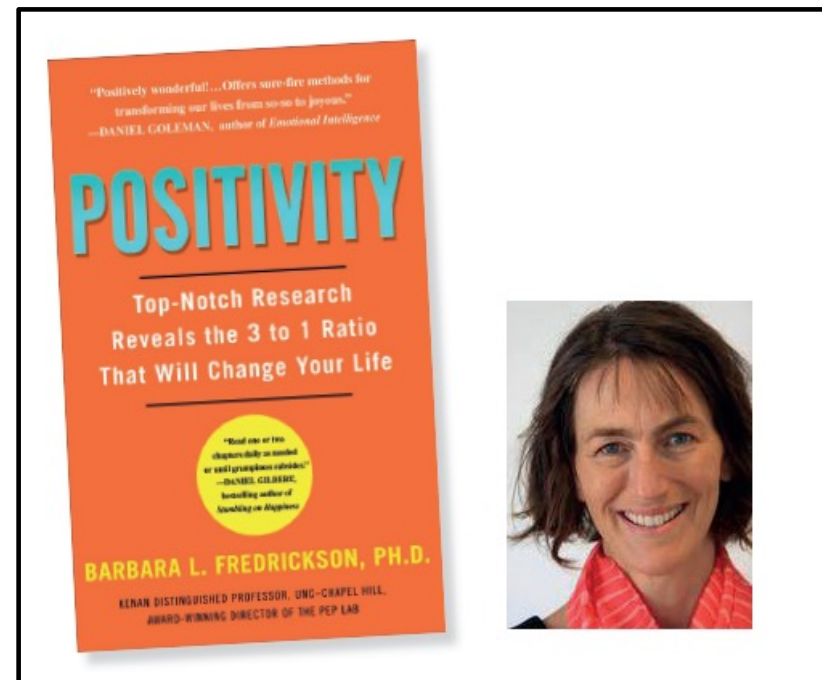
Positive emotions

Barbara Fredrickson, Ph.D.
author of *Positivity*



POSITIVE EMOTIONS ARE CRUCIAL

1. Expand our mind and heart
2. Flood the brain with dopamine and serotonin → boost learning capacity to greater heights
3. Help people bounce back quicker
4. Have inherent value to human growth and development → live fuller lives





Sources: Barbara Fredrickson, Ph.D. author of *Positivity*

Image: <https://www.workpuzzle.com/positive-emotion-and-upward-spirals-in-organizations/>

RESEARCH

Learned optimism “3Ps”

Martin Seligman, PhD, author of
Learned Optimism

Happiness set point

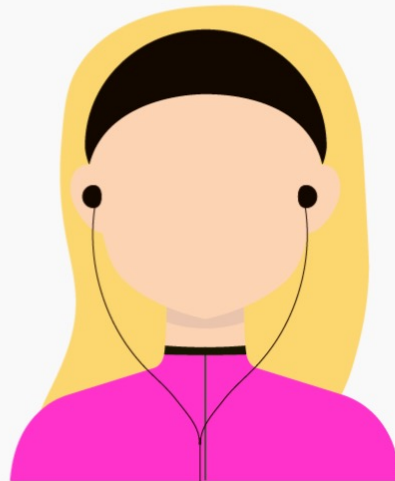
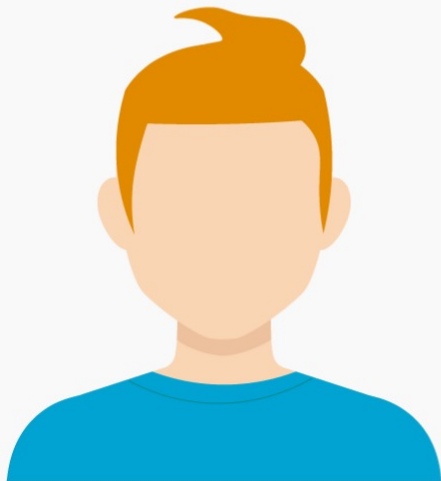
Sonja Lyubomirsky, Ph.D. author
of *The How of Happiness*

Positive emotions

Barbara Fredrickson, Ph.D.
author of *Positivity*

Character strengths

C. Petersen Ph. D. & M. Seligman,
Ph.D. authors of *Character
Strengths and Virtues*



CHARACTER STRENGTHS

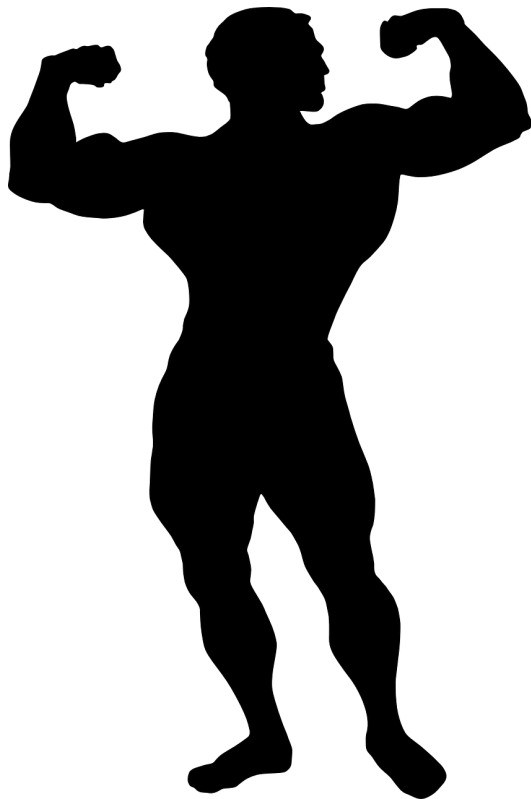


Image source: Pixabay

Early 2000's Seligman, Peterson, & 55 scientist globally (3 years to create) discovered that everyone has a common set of moral values.

When exercised, it becomes the keys to your best-self!

Sources: Seligman & Peterson, 2004; www.viacharacter.org/, 2019

Creativity Perspective
Judgment Curiosity
Honesty Bravery Fairness
HUMOR Zest
PERSEVERANCE Teamwork
Love Kindness Leadership
Social Intelligence Love of Learning
Forgiveness HOPE PRUDENCE
Appreciation of Beauty & Excellence Humility
Spirituality SELF-REGULATION Gratitude
© www.VIACHARACTER.ORG VIA INSTITUTE ON CHARACTER

SIGNATURE STRENGTHS



Image source: Pixabay

1. Natural to you
2. What you are commonly described as
3. When spotted, it brings out the best in you - “Strength Spotting”
4. Improve your life and help you flourish 18x than those who don’t use

Source: www.viacharacter.org, 2019

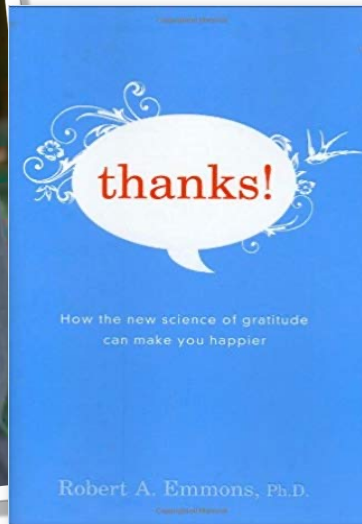
Protective factors against life's challenges:

- Gratitude
- Kindness
- Hope
- Bravery



Source: Fletcher & Sarkar, 2013

WHAT IS GRATITUDE



“Gratitude is a felt sense of wonder, thankfulness, and appreciation for life.”

(SOURCE: Robert Emmons, 2007)

BURDEN VS. BLESSINGS STUDIES

Physical

- Fewer complaints of health problems
- Fewer symptoms of physical discomfort
- Exercised 1.5 hours/week
- Energetic
- Stronger
- Better sleep (bedtime)

Mental/Emotional

- Happiness booster – 25%
- Increase life satisfaction
- Optimism
- Joyful
- Determined
- Enthusiastic
- Interested

Source: Emmons, R. A., & McCullough, M. E. (2003)

WHY IS IT HARD TO BE HAPPY ALL THE TIME



WHAT IS NEGATIVITY BIAS

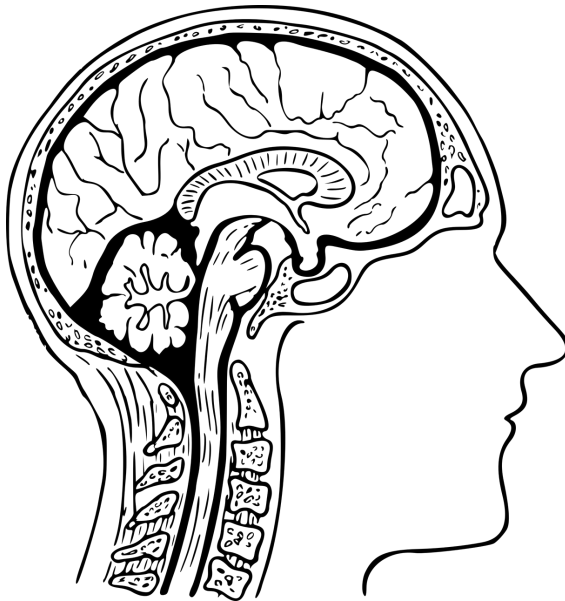
Rick Hanson PhD

Hard-wired to Survive

“The brain is very good at learning from bad experiences but bad at learning from good ones.”

Velcro vs. Teflon

We hold on to negative experiences like Velcro. We hold on positive experiences like Teflon.



Sources: Rick Hanson, n.d.; Pixabay

5/1/22

All Rights Reserved, Ultimate Healing Journey



HOW CAN YOU HARDWIRE POSITIVITY

Practice skill boosters

Savor positive experiences

Experience more positive emotions (3:1 ratio)

Commit to positive habits
→ hardwire a positivity →
success



Skill: “3Ps”

Pessimist

Personal

“I’m not good enough.”

Permanent

“I will never find someone.”

Pervasive

“I don’t have people in my life.”

Optimism

Impersonal

“Maybe I am not his/her type.”

Impermanent

“I’ll will find someone someday.”

Specific

“I have friends who love me.”

Skill: “Signature Strength Exercise”

Pick Your Top 3:

1. Best describes you
2. Comes naturally
3. Energizes you



Reflection & Share

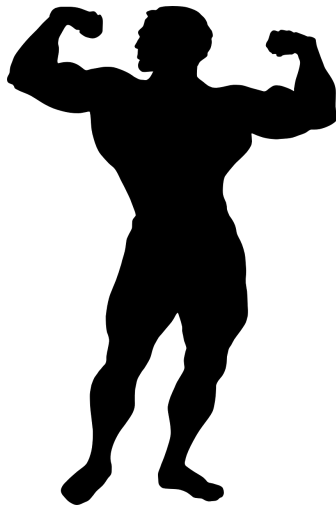


Image source: Pixabay

5/1/22

Look at your 3 signature strengths.

Think of a time recently when you used one of your strengths. What happened?

Pick a partner and share this experience.
Don't tell your partner the strength(s) used.

Partners strength spot from the story you heard.
Switch.

All Right Reserved, Ultimate Healing Journey

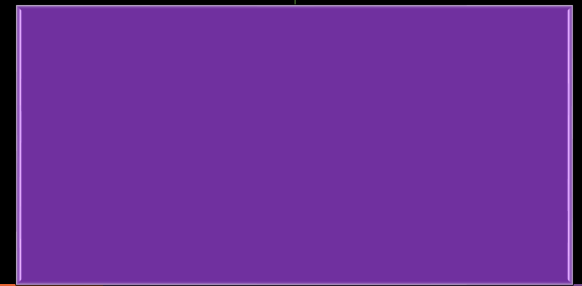
```
graph TD; Resilience[Resilience] --- StrongerYou[Stronger You]; StrongerYou --- PositivePsychology[Positive Psychology  
"Best-self"]; StrongerYou --- Mindfulness[Mindfulness  
"Self-awareness"]; StrongerYou --- Unlabeled[ ];
```

Resilience

Stronger You

**Positive
Psychology**
“Best-self”

Mindfulness
“Self-awareness”





"Can I call you back, Ed? I'm in the moment here."

MINDFULNESS



HOW DOES MINDFULNESS BREED RESILIENCE

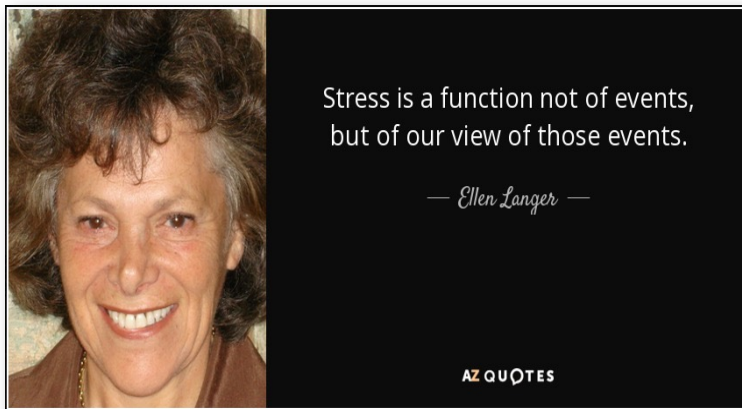
Both involves paying attention, noticing any negative thinking, choosing to behave in alignment to your best-self.

The stronger your mindfulness meditation practice, the more resilient you can become because it can reduce the rumination of harmful “emotional soup” in your mind. (Richard Davidson, PhD)

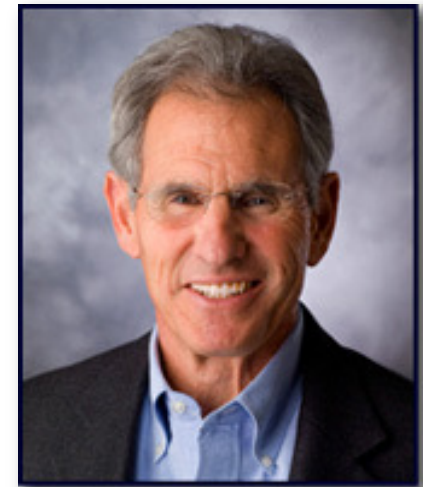
Emotional resilience is enhanced through mindfulness practices that leverage positive emotions over negative emotions.

Sources: <https://www.mindful.org/5-ways-build-resilience-every-day/>;
https://iimb.ac.in/turn_turn/building-emotional-resilience-crisis-through-mindfulness.php

WHAT IS MINDFULNESS



"The simple process of actively noticing new things."



"Paying attention in a particular way: on purpose, in the present moment, and non-judgmentally."

Sources: Kabat-Zinn, 1990; Langer 2009

5/1/22

All Rights Reserved, Ultimate Healing Journey, LLC

Notice new things → Build awareness → Increase attention →

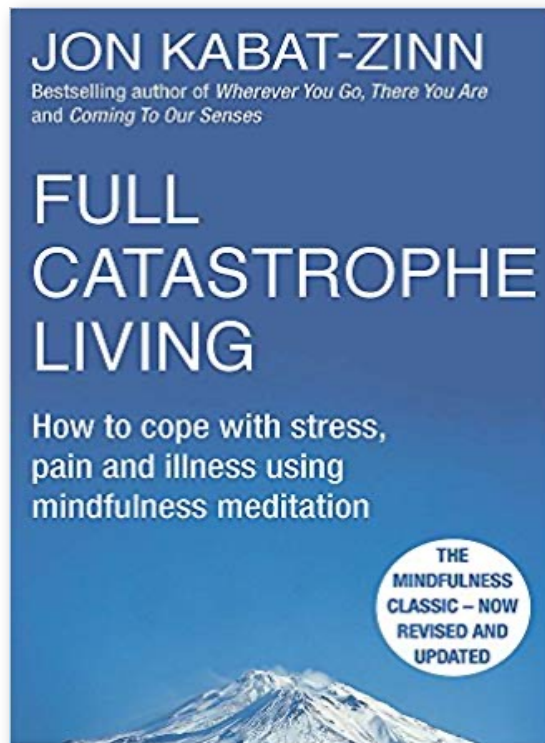


Mindfulness benefits:

- . Health
- . Competence
- . Happiness
- . Charisma
- . Innovation
- . Memory
- . Attention
- . Energy
- . Engagement

Source: Langer, 2014

7 ATTITUDES (Kabat-Zinn)



1. NON-JUDGING

2. ACCEPTANCE

3. LETTING GO

4. BEGINNER'S MIND

5. PATIENCE

6. NON-STRIVING

7. TRUST

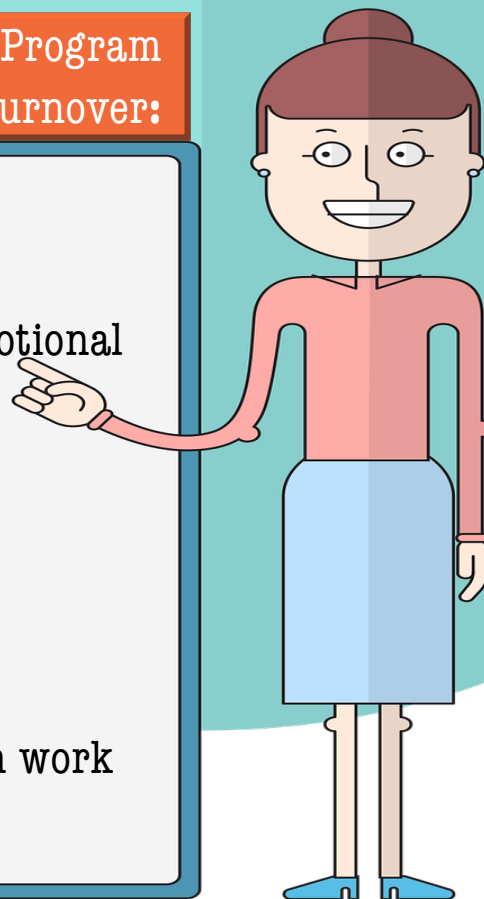
8. GRATITUDE

9. GENEROSITY

Source: *Full Catastrophe Living* by Jon Kabat-Zinn

Mindfulness-Based Wellness Program Supports Staff & Prevents Turnover:

1. Significant reduction in perceived stress
2. Reduced anxiety and emotional reactivity
3. Increased focus
4. Increased empathy
5. Increased coping skills
6. Increased self-care
7. Increased calmness
8. Greater satisfaction with work and life





Skill: Breath Awareness

Image source: giphy.com

All Rights Reserved, Ultimate Healing Journey, LLC

5/1/22

Skill: Progressive Muscle Relaxation



Image source: Pixabay

5/1/22

All Rights Reserved, Ultimate Healing Journey, LLC

57

12:10

Skill: What Went Well?



```
graph TD; Resilience[Resilience] --- StrongerYou[Stronger You]; StrongerYou --- PositivePsychology[Positive Psychology]; StrongerYou --- Mindfulness[Mindfulness]; StrongerYou --- Sleep[Sleep];
```

Resilience

Stronger You

**Positive
Psychology**
“Best-self”

Mindfulness
“Self-awareness”

Sleep
“Self-care”

A good laugh and a long sleep are the
best cures in the doctor's book. —
Irish Proverb



Image source: Pixabay

5/1/22

All Rights Reserved, Ultimate Healing Journey, LLC

61

SLEEP



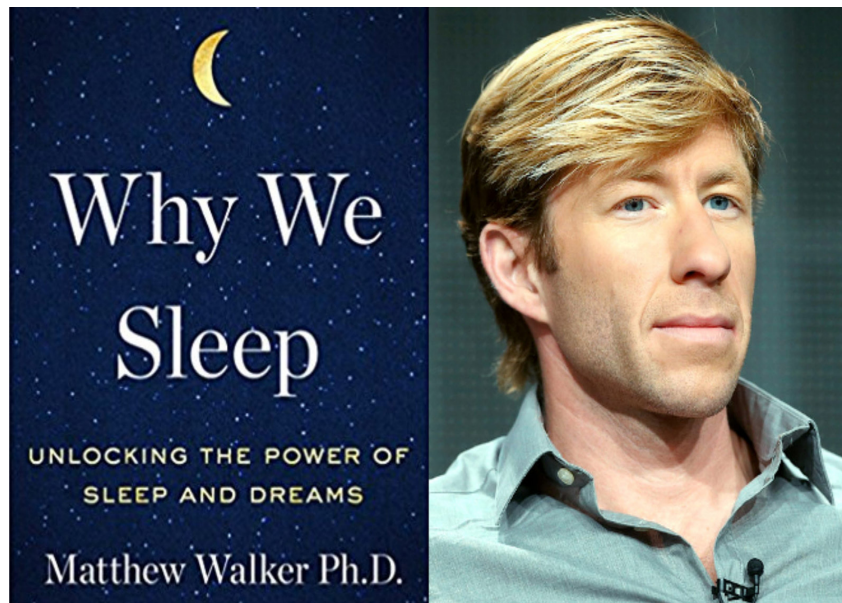
Image source: Pixabay

MERRIAM-WEBSTER DICTIONARY: SLEEP

“...the absence of wakefulness ... accompanied by ...the occurrence of dreaming and changes in brain activity and physiological functioning, is made up of cycles of non-REM sleep and REM sleep, and is usually considered essential to the restoration and recovery of vital bodily and mental functions.”

Source: <https://www.merriam-webster.com/dictionary/sleep>

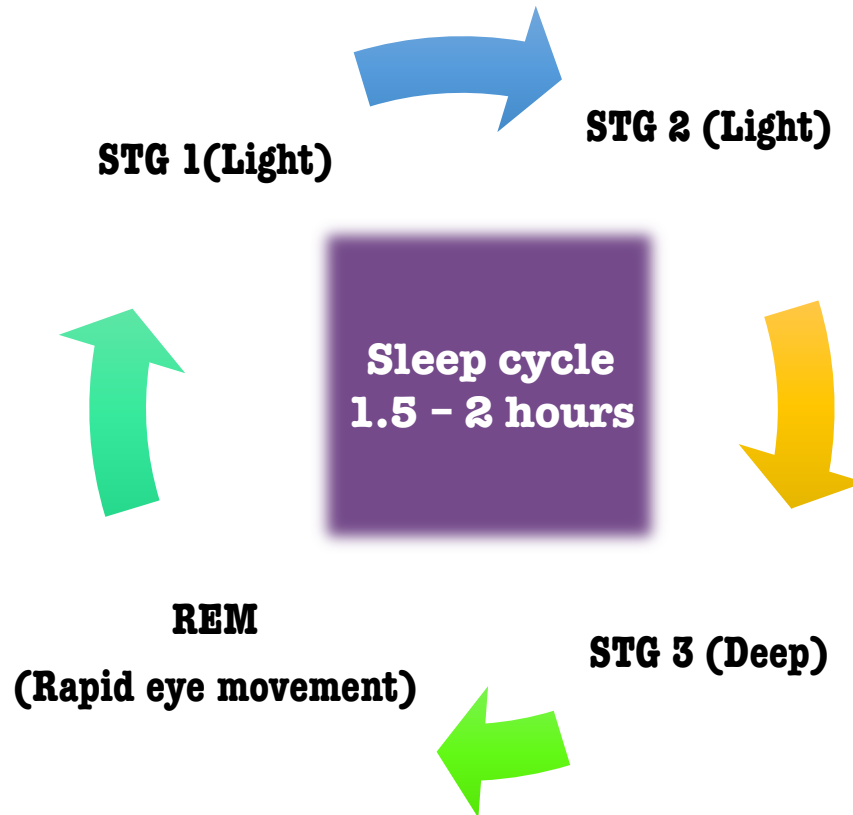
HOW DOES SLEEP IMPACT RESILIENCE



“Sleep is the Swiss Army Knife of health... the singular most effective thing to do to reset your brain and body.”
(Matt Walker, PhD)

Source: Matthew Walker n.d.

2 TYPES OF SLEEP (NON-REM & REM)



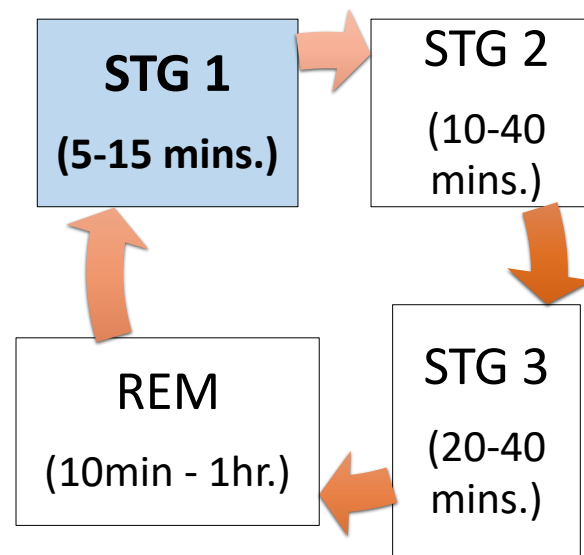
Sources:

- <https://www.sleepfoundation.org/how-sleep-works/stages-of-sleep>
- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep#1>

NON- REM STAGE

Stage 1:

- Easy to wake
- HR, breathing, & eye movement slows down
- Body relaxes (twitches)



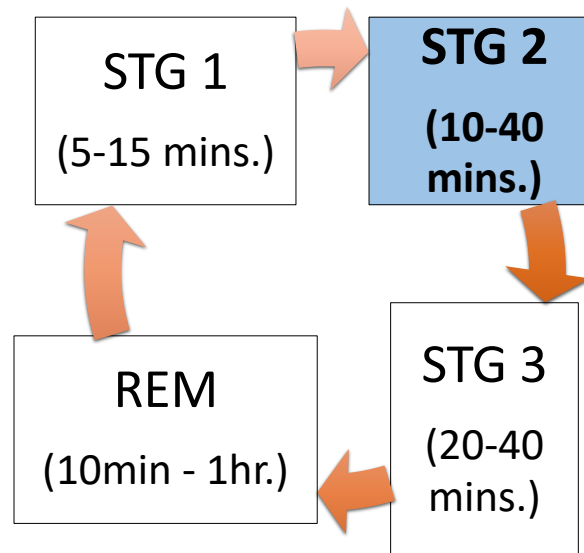
Sources:

- <https://www.sleepfoundation.org/how-sleep-works/stages-of-sleep>
- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep#1>

NON- REM STAGE

Stage 1:

- Easy to wake
- HR, breathing, & eye movement slows down
- Body relaxes (twitches)



Stage 2:

- Light sleep
- HR & breathing slows
- Eye movements stops
- Body temp. drops

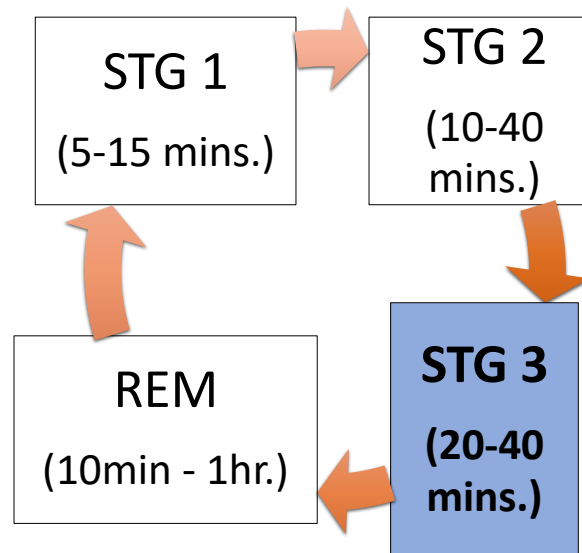
Sources:

- <https://www.sleepfoundation.org/how-sleep-works/stages-of-sleep>
- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep#1>

NON- REM STAGE

Stage 1:

- Easy to wake
- HR, breathing, & eye movement slows down
- Body relaxes (twitches)



Stage 2:

- Light sleep
- HR & breathing slows
- Eye movements stops
- Body temp. drops

Stage 3:

- Difficult to arouse
- HR & breathing at lowest rate
- Body is recharging:
 - Restore energy
 - Regenerate cells
 - ↑ blood supply to muscles
 - Growth & repair (tissues & bones)
 - Strengthen immune system

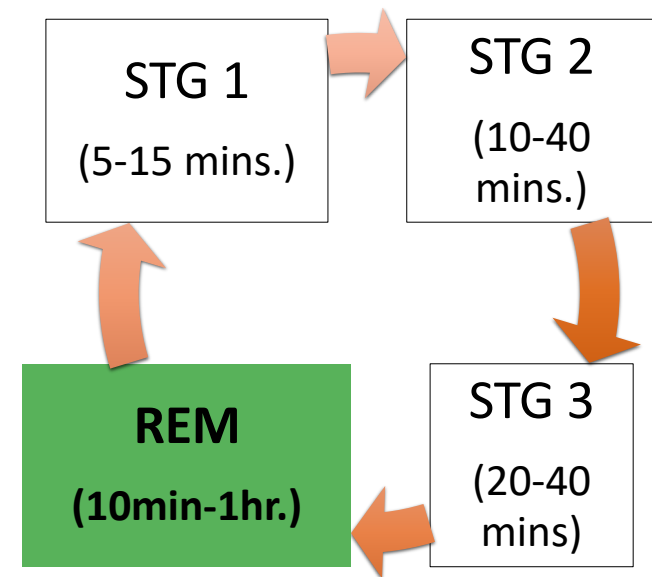
Sources:

- <https://www.sleepfoundation.org/how-sleep-works/stages-of-sleep>
- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep#1>

RAPID EYE MOVEMENT (REM)

REM: (Paradoxical sleep)

- Extremities temporarily paralyzed
- Vivid dreams
- Breathing, HR, & BP increases
- Brain is processing data, storing memories, and upgrading its system



Source:

- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>

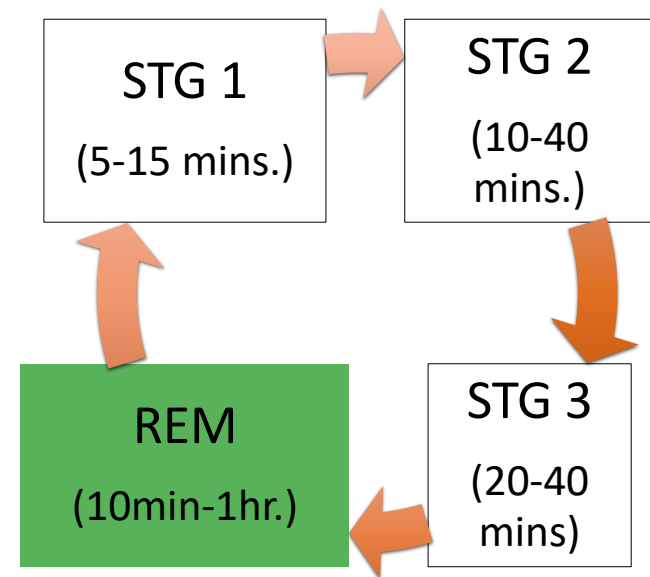
RAPID EYE MOVEMENT (REM)

REM:

- Extremities temporarily paralyzed
- Vivid dreams
- Breathing, HR, & BP increases
- Brain is processing data, storing memories, and upgrading its system

Optimizes brain health & function:

- Cognitive functions (learning, memory, & creativity)
- Neural connections for overall physical, mental, & emotional health
- Removal toxins that build up in the brain while awake



Source:

- <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>

SLEEP DEPRIVATION



CDC (2012) Public Health Epidemic
1/3 Americans less than 6 hrs./noc

Adults need 7 – 9 hrs./noc.

Common in shift workers

Sleep debt negatively impacts body
and brain function

Sources:

- Centers for Disease Control and Prevention (CDC) (2012). Short sleep duration among workers—United States, 2010. MMWR. Morbidity and mortality weekly report, 61(16), 281–285
- <https://www.cdc.gov/niosh/emres/longhourstraining/debt.html>
- Image source: giphy



DROWSY DRIVING



Drowsy driving is like drunk driving.

1. Poor reactivity time
2. Poor awareness of hazards
3. Lack of ability to sustain attention

Worse time 12 am – 6 am

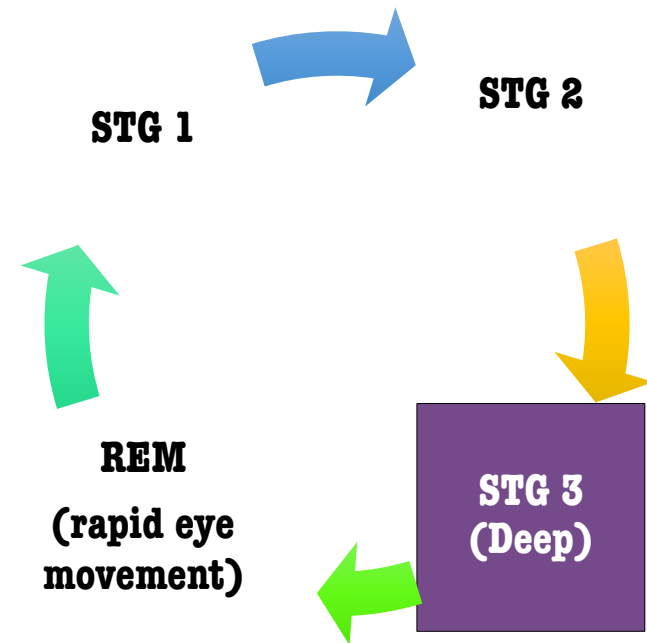
Source: National Highway Traffic Safety Administration n.d

SLEEP DEPRIVATION & HEALTH

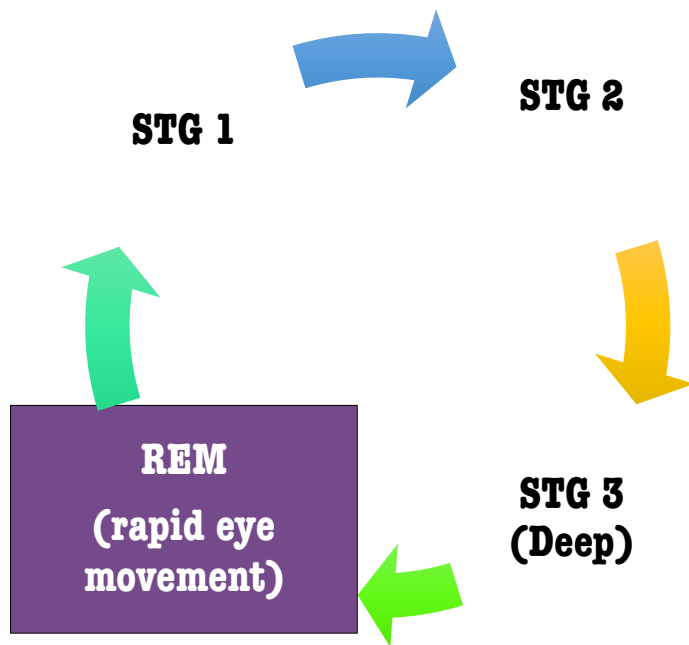
Linked with 7 out of 15 leading causes of death in the U.S.

- Cardiovascular disease
- Cancer
- Accidents (unintentional injuries)
- Stroke
- Diabetes (Type 2)
- Septicemia
- High blood pressure

Source: Hafner, M. et al., 2017.



SLEEP DEPRIVATION & DEPRESSION



Sleep and depression are bi-directionally related.

Sleep issues associated with depression are insomnia (75%), hypersomnia (15%), or obstructive sleep apnea (20%).

Sleep issues may predispose someone to depression due to changes the function of the neurotransmitter serotonin.

Source: <https://www.sleepfoundation.org/mental-health/depression-and-sleep>

CENTERS FOR DISEASE CONTROL AND PREVENTION

Solutions (short & long term):

1. Pay down debt → naps
2. Add sleep time minutes/hours slowly
3. Determine the root cause
4. Establish sleep hygiene



Sources:

- Centers for Disease Control and Prevention (CDC) (2012). Short sleep duration among workers—United States, 2010. MMWR. Morbidity and mortality weekly report, 61(16), 281–285
- <https://www.cdc.gov/niosh/emres/longhourstraining/debt.html>

WHAT IS SLEEP HYGIENE?

A series of decisions, actions, and habits that are done at pre-bedtime and at bedtime, routinely and consistently, to help ensure quality of sleep.



Source: Sleep Foundation

Image source: Pixabay

10 COMMON BARRIERS

**Sleep not
honored**

Stress

**Sleep
disorders
(>80)**

**Medical
condition or
Pregnancy**

Shift work

**Alcohol,
Caffeine,
Sleeping tabs**

Jet lag

**Drug
side effects**

**Eating/
Drinking late
at night**

**No sleep
hygiene**

Source:

- <https://www.sleephealthfoundation.org.au/files/pdfs/Common-Causes-Inadequate-Sleep.pdf>

10 SLEEP HYGIENE TIPS



Bedtime Routine – 24/7



Cool, Comfortable, & Calming Bedroom



Electronics Curfew



Bed for Sleeping & Sex



No Large Meals, Alcohol, Nicotine, & Caffeine @HS

Sources: Images from Pixabay

- https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
- <http://sleepeducation.org/essentials-in-sleep/healthy-sleep-habits>

10 SLEEP HYGIENE TIPS



Can't Fall Asleep After 20 mins.
Get Out of Bed



Weighted Blankets (Ekholm, Spulber, & Adler, 2020)



Aromatherapy (Takeda, Watanuki, & Koyama, 2017)



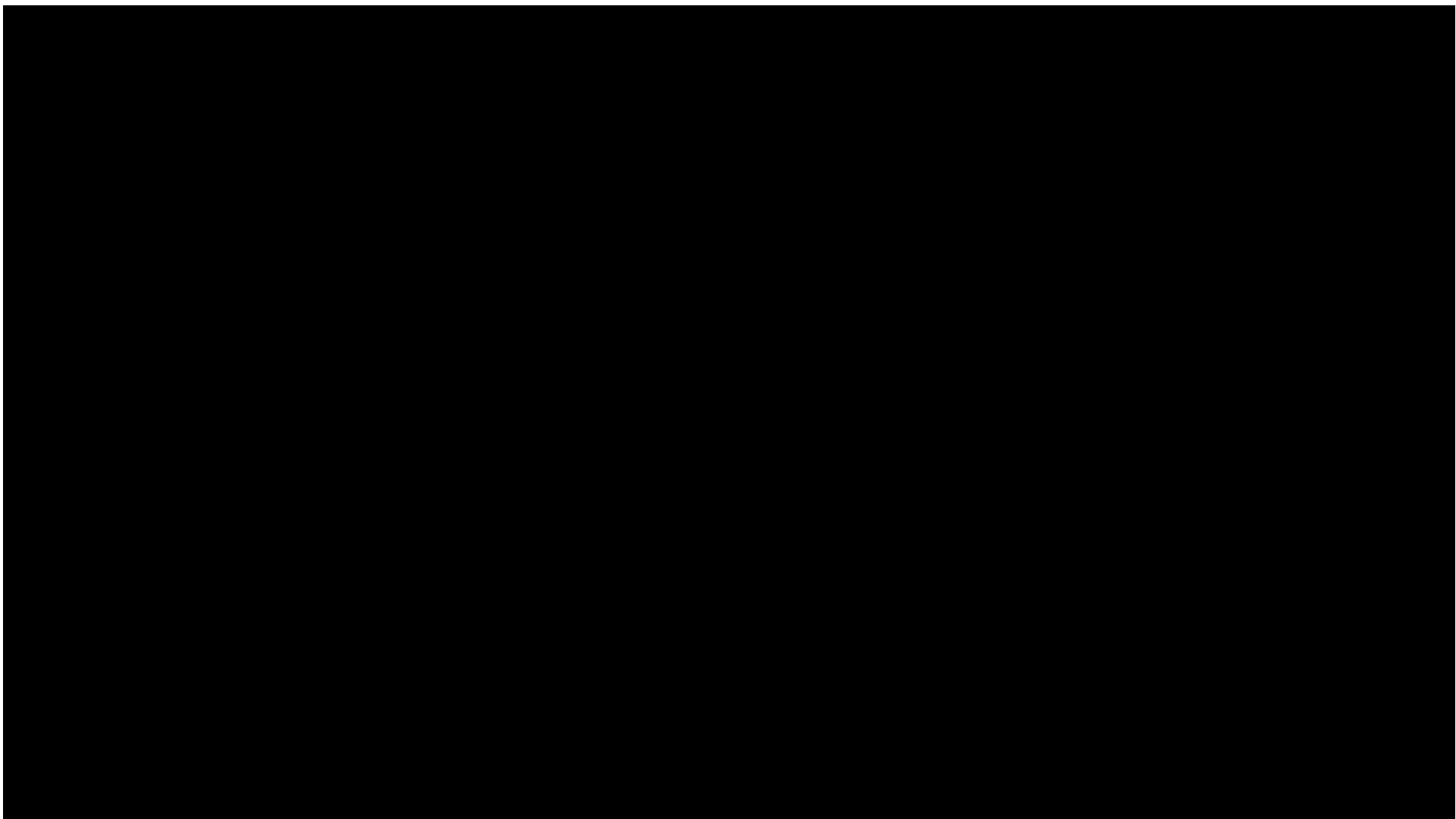
Gratitude (Emmons & McCullough, 2003)



Relaxing activities – Reading, Listening to Music, etc.

Sources: Images from Pixabay

- Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: an experimental investigation of gratitude and subjective well-being in daily life. *Journal of personality and social psychology*, 84(2), 377–389. <https://doi.org/10.1037/0022-3514.84.2.377>
- Ekholm B, Spulber S, Adler M. A randomized controlled study of weighted chain blankets for insomnia in psychiatric disorders. *J Clin Sleep Med*. 2020;16(9):1567–1577.
- Takeda, A., Watanuki, E., & Koyama, S. (2017). Effects of Inhalation Aromatherapy on Symptoms of Sleep Disturbance in the Elderly with Dementia. *Evidence-based complementary and alternative medicine : eCAM*, 2017, 1902807. <https://doi.org/10.1155/2017/1902807>



Reflection

How to can you advocate and protect for your sleep even more?

1. Think about your bedtime routine
2. Determine what's working and what's not
3. Pick one thing you can change to help you advocate and protect your sleep?



YOGA NIDRA

Gentle form of yoga that asks you to focus on your breath and body through guided meditation.

Conscious way of offering you deep relaxation in a sleep state.

It's been said that 45 minutes of yoga nidra feels like having 3 hours of sleep.

Sources:

- <https://www.sleep.org/can-yoga-help-sleep-better/>
- <https://www.yogajournal.com/meditation/your-brain-on-yoga-nidra/>



YOGA NIDRA RESEARCH

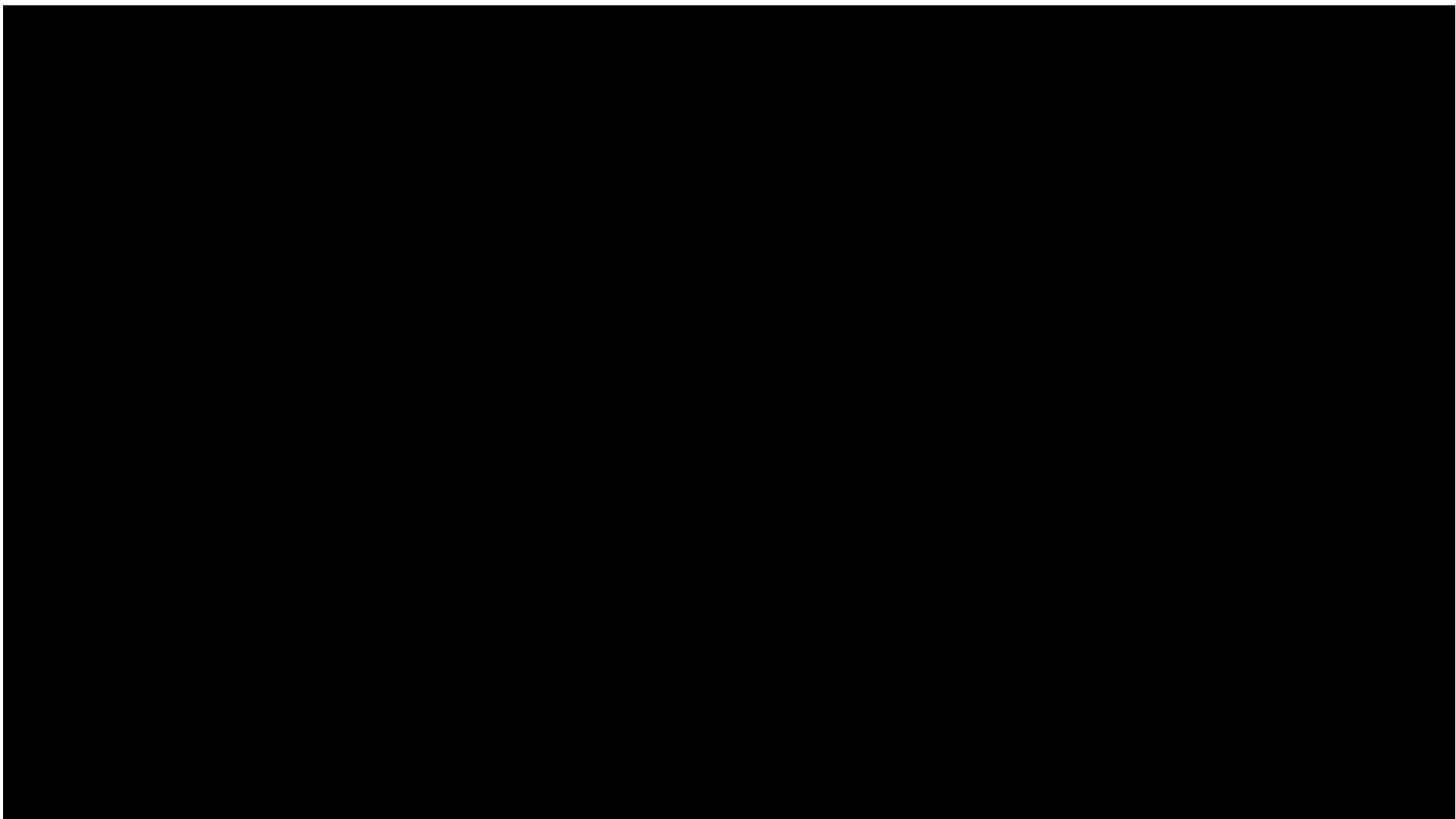
Yoga nidra good results in patients with...

- Menstrual abnormalities
- Post-traumatic stress disorder
- Diabetes
- Anxiety
- Depression
- Sleep disorders

Source: Datta, K., Tripathi, M. & Mallick, 2017

Image source: Pixabay





Skill: Divine Sleep[®] Yoga Nidra

1. Find a comfortable position.
2. Place both feet on the floor.
3. Rest your hands with palms up on your lap.
4. Trust in the process and allow yourself *fall awake*.
5. If you start falling asleep, you may shift to slight wake the body.
6. Enjoy the practice.
7. Reflect.



Resilience

Stronger You

Positive Psychology “Best self”

3Ps

Signature Strengths

Mindfulness “Self-aware”

Breath Awareness

PMR

WWW?

Sleep “Self-care”

Sleep hygiene

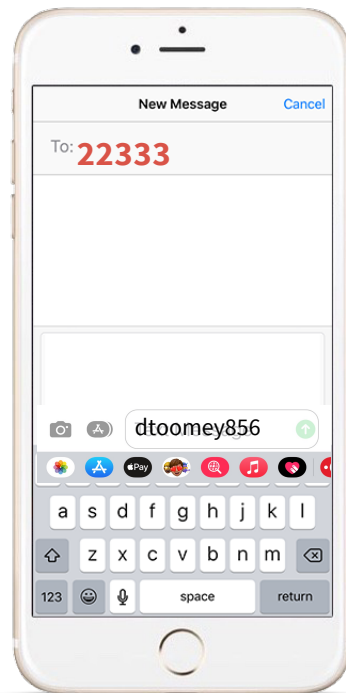
Yoga Nidra



Pollev.com/dtoomey856 or Text dtoomey856 to 22333

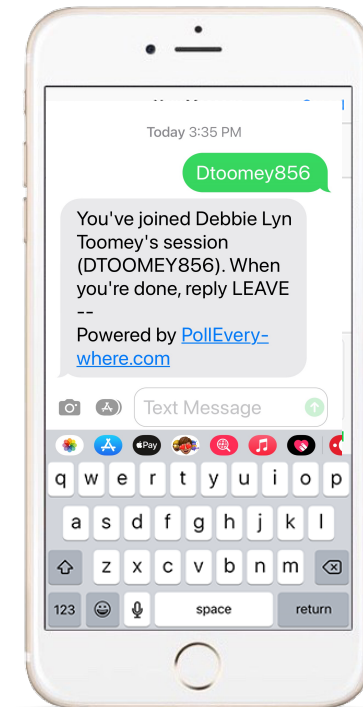
Step 1

Text dtoomey856 to 22333



Step 2

- Click on PollEverywhere.com
- Choose “Participant”
- Answer the question



Thank You!

Speaker – Mastermind Programs – Coach



Email: DebbieLyn@HealthandHappinessSpecialist.com

Website: www.HealthandHappinessSpecialist.com