

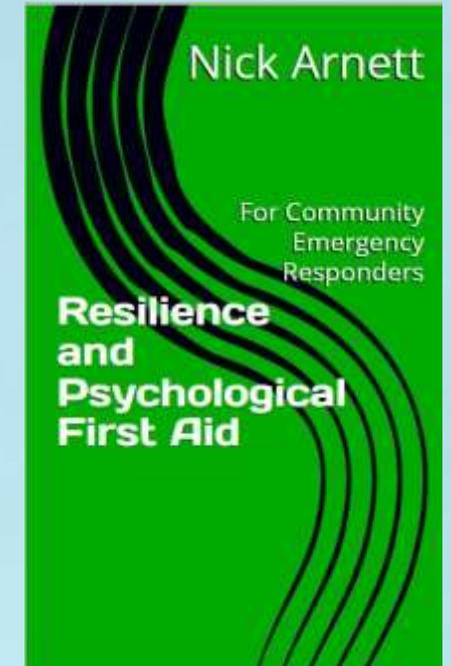
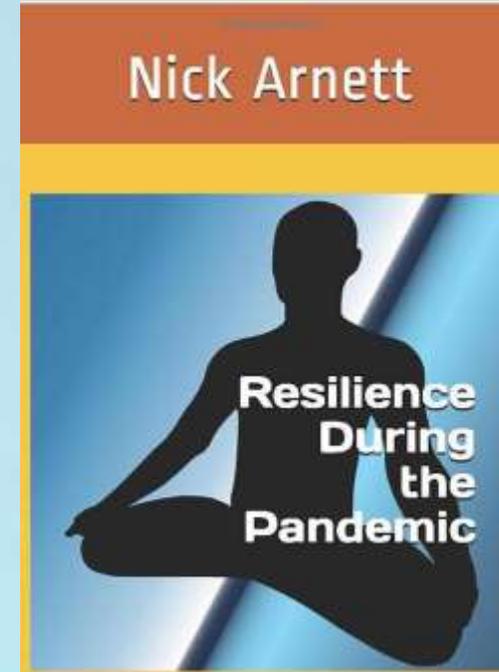
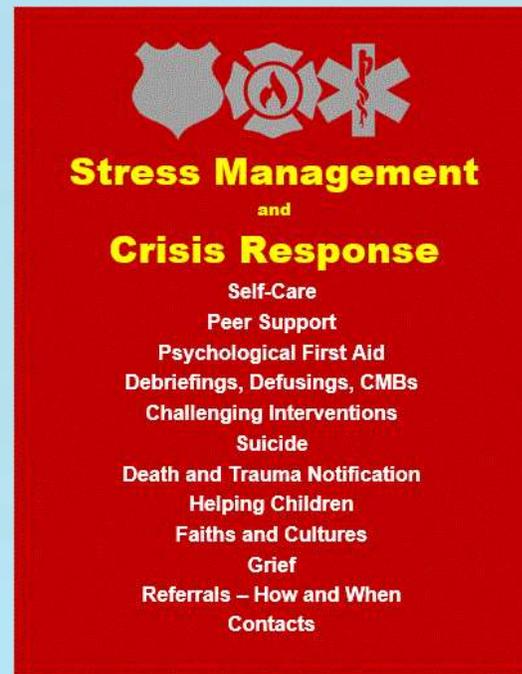
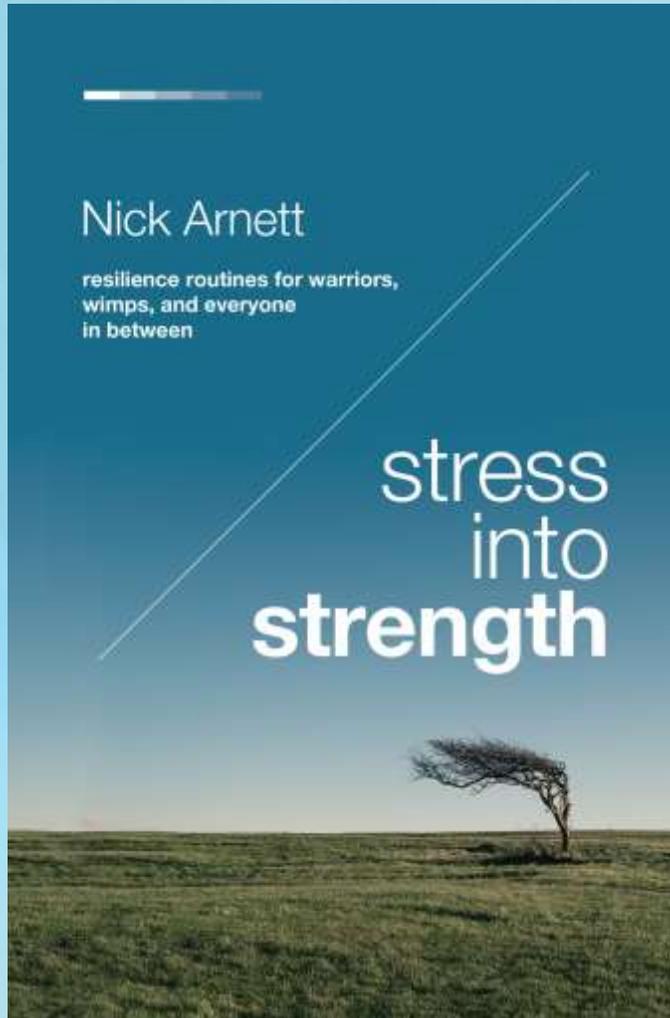
Nick Arnett

US Forest Service, Spring Valley Fire Department

- **Type 1 Incident Management Team Medical Unit Leader**
- **EMT, Wilderness EMT**
- **CERT instructor, San Jose, Milpitas**
- **California Fire Chaplain Association**
- **Bay Area Critical Incident Stress Management Team**
- **Former tech executive, paramedic, journalist**



Webinar starts at 7 pm Pacific Time



Books

<https://bit.ly/ArnettAmazon>

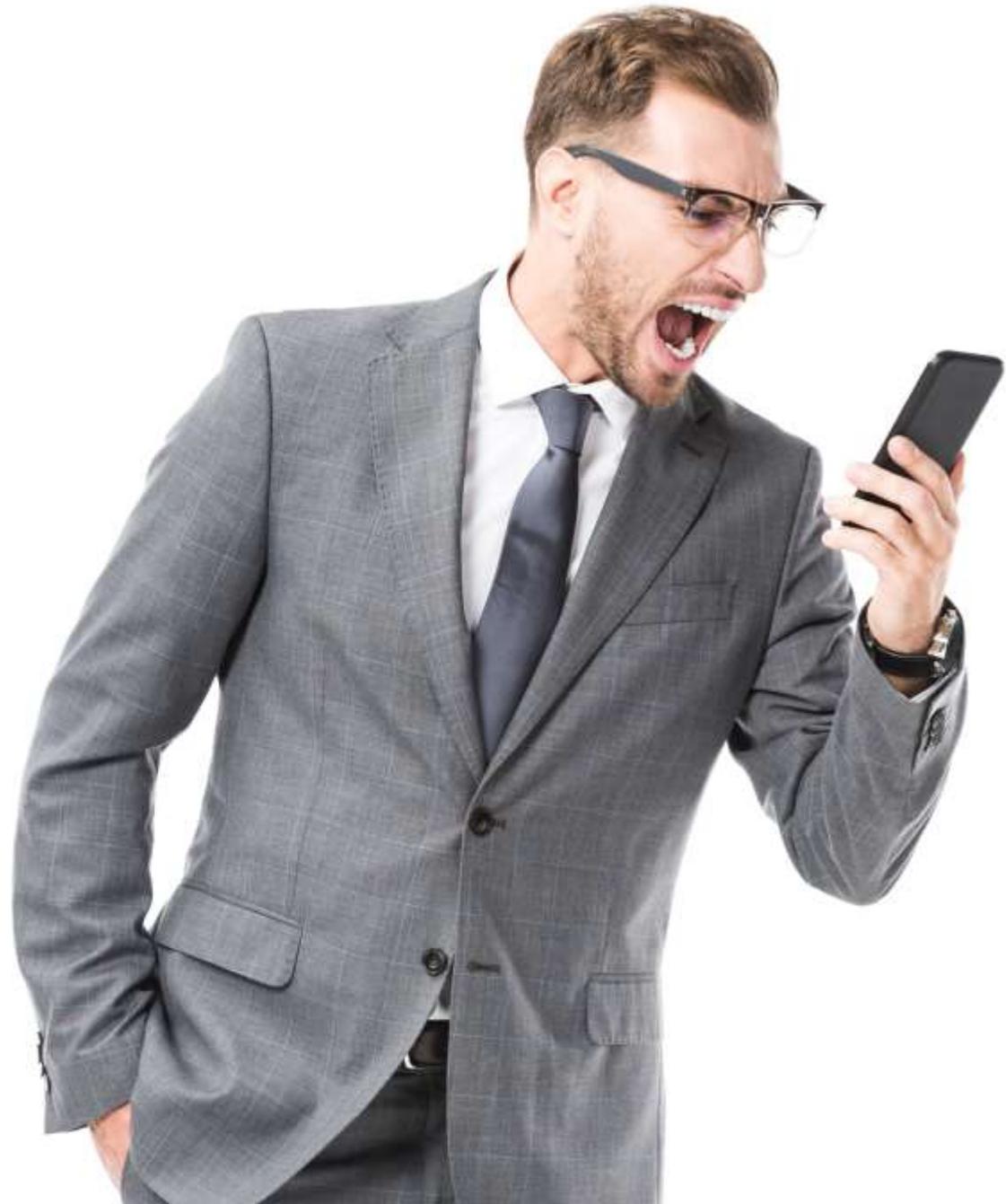
**Stress is
BAD
for you.**

**Stress is
GOOD
for you.**

Stress is
GOOD *and* BAD
for you.

Stress

**When your heart
beats faster.**























EXPERIENCE: ISLANDERS HOCKEY

ISLANDERS

PENGUINS

3

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3

PERIOD 3

27

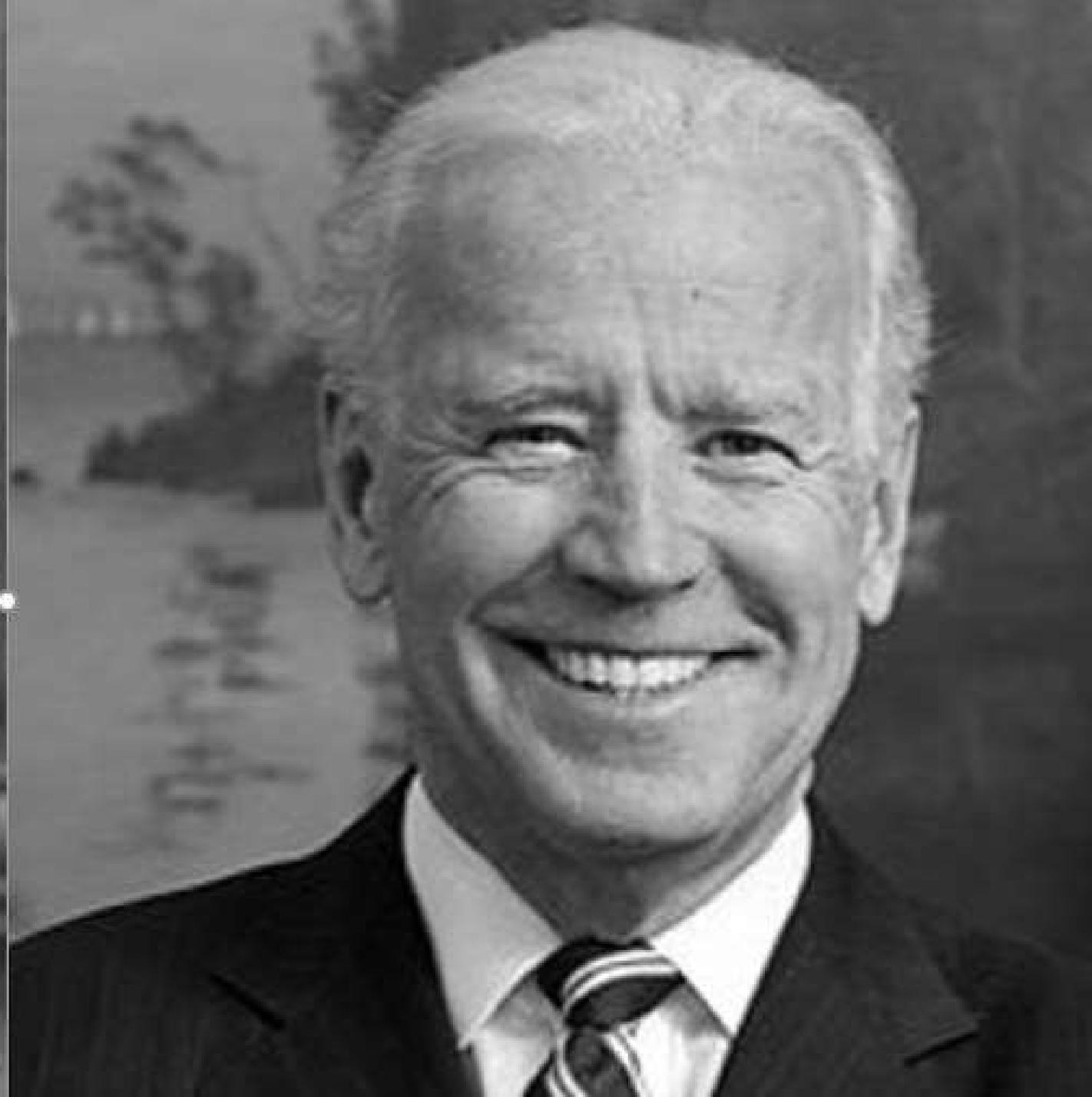
SHOTS

38

<http://nhl.com/islanders>





















Things That Speed Your Heartbeat

Opportunities

Challenges

Threats

The Missing Half

Renewal

Renewal

**When your heart
beats slower.**







We the People of the United States,
insure domestic Tranquility, provide for the common defence, promote the general Welfare,
and our Posterity, do ordain and establish this Constitution for the United States of America.

Article I.

Section. 1. All legislative Powers herein granted shall be vested in a Congress of the United States, which shall consist of a Senate and House of Representatives.

Section. 2. The House of Representatives shall be composed of Members chosen every second Year in each State shall have ^{the} Qualifications requisite for Electors of the most numerous Branch of the State Legislature.
No Person shall be a Representative who shall not have attained to the Age of twenty five Years, and seven Years, and who shall not, when elected, be an Inhabitant of that State in which he shall be chosen.

Representatives and direct Taxes shall be apportioned among the several States which may be admitted into or excluded from this Union according to their respective Numbers, which shall be determined by adding to the whole Number of free Persons, including Indians not taxed, three fifths of all other Persons. The actual Enumeration shall be made within three Years after the first Meeting of the Congress, and within every subsequent Term of Years which shall be ascertained by Law.























Stress + Renewal = Strength

The right kinds and amounts of stress.

+

The right kinds and amounts of renewal.

@

The right intervals and rhythm.

The Problem isn't Stress

It is a sticky stress
reaction.

Renewal unsticks it.

Stress Into Strength

Not “stress reduction.”

Stress interruption!

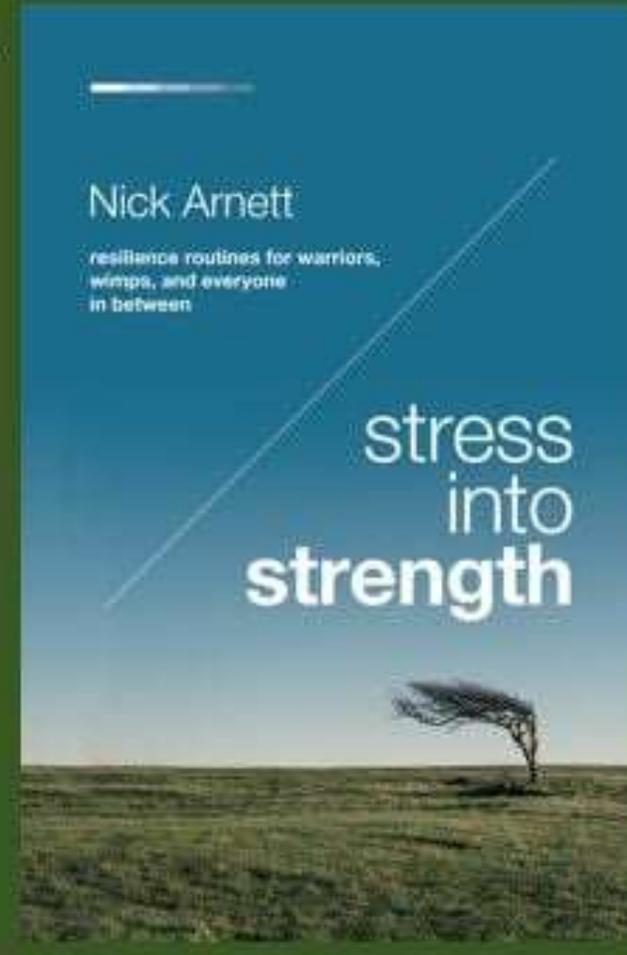
Renewal.

Renewal Comes From

**Courageous
Compassionate
Committed
Connections**

Stress disconnects. Renewal reconnects.

- *Physical renewal* reminds us that we belong to creation.
- *Social renewal* reminds us that we belong to one another.
- *Spiritual renewal* reminds us that we belong to something greater than ourselves.



Resilience Routines Build Flexibility

**Embrace stressful
opportunities, challenges
and threats.**

Resilience Routines Build Flexibility

**Courageous, committed,
compassionate connections –
physical, social, and spiritual.**

Building Physical Strength & Flexibility

- . Safety.**
- . Go beyond your comfort zone (a little).**
- . Note technique, reactions, progress.**
- . Choose the intervals that are right for you.**
- . Get enough rest and nutrition.**
- . Remember why.**
- . When you skip, just start over.**

Stress Can Hurt You (Trauma), Like Weightlifting

- **Too much weight.**
- **Too often.**
- **Miss rest and nutrition.**
- **Lift other's weights for them.**
 - **They don't gain strength.**
 - **You lift too much/too often.**

Chronic Stress is Cumulative





**We only feel stress about
things we care about.**

Caring with courage, commitment, and
compassion *creates resilience.*

Physical (Body & Nature)

**Stress reaction:
Fight or Flight**



**Renewal reaction:
Rest and digest**



Social (Thoughts & Feelings)

**Stress reaction:
Defend or Distance**



**Renewal reaction:
Tend and Befriend**



Spiritual (Priorities & Purpose)

**Stress reaction:
Selfish or Survivalist**



**Renewal reaction:
Pause and Plan**



Rhythms of stress and renewal

- **Physical stress + renewal = strength for *doing and owning things*.**
- **Social stress + renewal = mental, emotional strength for *thinking and feeling*.**
- **Spiritual stress + renewal = stronger sense of *perspective, priorities and purpose*.**

Effects

Stress

- **Adrenaline – short-term energy.**
- **Cortisol – long-term energy.**
- **Damage – e.g. inflammation, “micro tears.”**

Renewal

- **Oxytocin.**
- **Androgens, Human Growth Hormone, DHEA.**
- **Healing and growth.**

	Stress Response	Renewal Response	Strength
Physical	Fight or Flight	Rest and Digest	Doing, Owning
Social	Defend or Distance	Tend and Befriend	Thinking, Feeling
Spiritual	Selfish or Survivalist	Pause and Plan	Purpose, Priorities

Building Resilience

You need to be an animal trainer.



Of yourself!

Training Your Stress Autopilot

- It learns flexibility from *experiences* – safety, companionship, predictability:
 - Rest and Digest
 - Tend and Befriend
 - Pause and Plan



Don't Confuse Rewards with the Journey!

- **Resilient people have more motivation.**
- **Resilient people have greater self-discipline.**

**These are *results* of Resilience
Routines, not the path.**

Start Small, Start Over

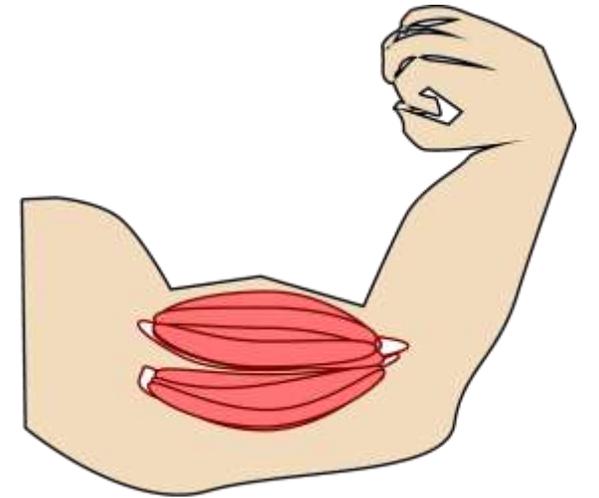
- **Give yourself unlimited permission to fail and begin again.**
- **Don't "should" on yourself.**
 - Instead of "*I shouldn't touch my face.*"
 - "**By not touching my face, I'm reducing the chance of infection.**"
 - Instead of "*I should stay home.*"
 - "**Staying home helps keep our family healthy.**"

Physical Resilience

**“Fight or flight” stress +
“Rest and digest” renewal**

=

**Strength for doing, owning,
using things.**



Physical Stressors

- **Body: sick, injured, hot, cold, tired, dehydrated.**
- **Things: debt, unequipped, unskilled, unhoused, danger.**
- **Environment: pollution, weather, crop failures, drought.**

Activating Physical Stress & Renewal

- **Exercise, “muscle memory,” practice**
- **Managing possessions**
- **Nourishment**
- **Rest and sleep**
- **Nature – connect and care.**

Getting present, building interoception

- **Progressive Muscle Relaxation**
- **Yoga (body movement relaxation)**
- **Pilates**
- **Tai Chi**
- **Martial arts**

Belly Breathing

- **Comfortably lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back.**
- **Breathe in through your nose. Let your chest fill with air.**
- **Breathe out through your nose.**
- **Place one hand on your belly and the other on your chest.**
- **As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one on your chest.**
- **Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.**

4-7-8 Breathing

You can do this sitting or lying down.

- To start, put one hand on your belly and the other on your chest as in belly breathing.**
- Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.**
- Hold your breath, silently count from 1 to 7.**
- Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.**
- Repeat 3 to 7 times or until you feel calm.**
- Notice how you feel when you are done.**

5-4-3-2-1 Grounding

- **Name five things you can see in the room with you.**
- **Name four things you can feel right now.**
- **Name three things you can hear right now.**
- **Name two things you can smell right now (or, 2 things you like the smell of).**
- **Name one good thing about yourself.**

Butterfly Hug Tapping

- **Good for everyone, but especially children.**
- **Fold your arms over your chest, so that you can tap between your collarbone and shoulder.**
- **Let your mind drift while you slowly tap yourself alternately with each hand.**
- **Do this for 30 seconds.**
- **Most people find this relaxing.**
- **If you don't want what you're doing to be so obvious, you can do something similar by tapping your thighs alternately.**
- **It works a bit better if you cross your arms.**

Diet

- **Whole grains, unprocessed foods: harder to digest.**
 - *That's good for you!*
- **Avoid:**
 - **Highly processed foods.**
 - **Trans fats (snacks) and fried foods.**
 - **“Low-fat,” “low carb” tend to stimulate your appetite.**

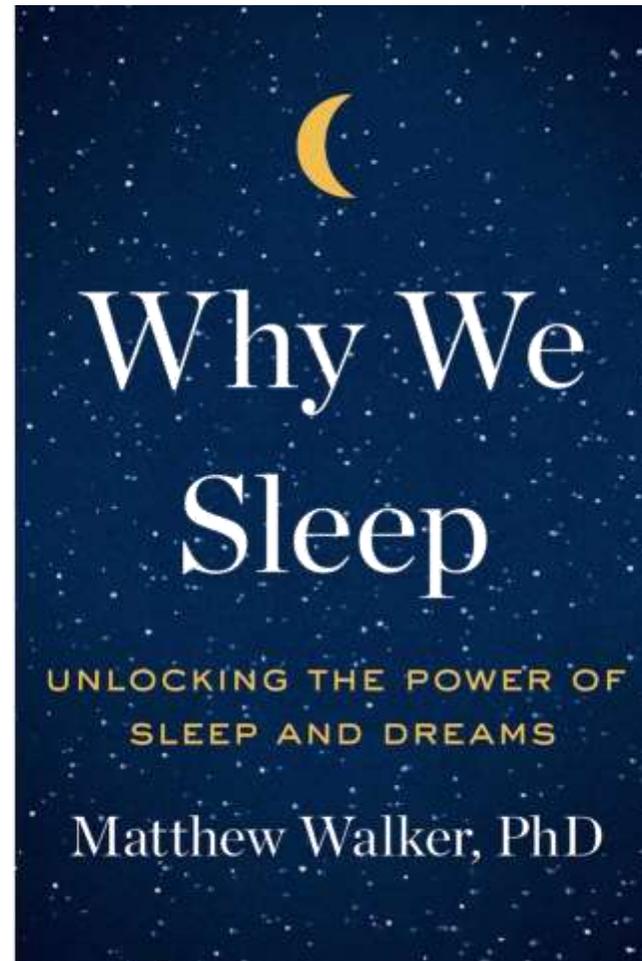
Carbs feed inflammatory stress response. One soft drink is like eating TWENTY-FIVE sugar packets!



Sleep

- **REM sleep is vital during crisis! Avoid substances that disrupt it: Alcohol, many anti-anxiety drugs, some sleep meds. Consult your doctor.**
- **Short, regular naps are okay (“nappachino.”)**
- **Avoid stimulants close to bedtime.**
- **Darken room for sleeping, get natural light.**
- **Avoid screens close to bedtime; use color warming software.**

Matthew Walker: Why We Sleep

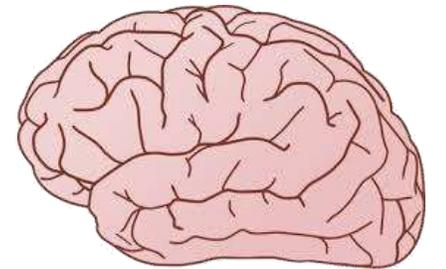


Mental/Emotional Resilience

**“Defend or distance” stress +
“Tend and befriend” renewal**

=

**Strength for thinking, feeling,
bonding.**



Social Stressors

- **Isolation, loneliness, abandonment.**
- **Unappreciated, unwanted.**
- **Criticism.**
- **Embarrassment.**
- **Guilt, shame.**

Choosing Social Stress

- **Risk transparency and vulnerability (with safe people). Get real.**
- **Let trusted friends see the real you (no rush; build trust).**
- ***Get out of your comfort zone (a little).***
- **“Going the gym” for your mental health.**

Video – Brené Brown

The Biggest Myth About Vulnerability

(<https://bit.ly/ResBreneVul>)

Social Stress Reactions

- **Don't be surprised by feelings and thoughts like:**
 - **Wanting to defend and explain yourself.**
 - **Wanting to go somewhere else.**
 - **Anger, sadness, guilt, shame.**
- **Don't take feedback personally.**

Activating Social Renewal (Tend and Befriend)

- **Communicate, cooperate, compete, teamwork.**
- **Seek friends, coaches, mentors, etc., who accompany you without judging or “fixing.”**
- **Avoid isolation – know you are not the only one.**

Social Connections

- **Friends**
- **Family**
- **Mentors**
- **Coaches**
- **Teams**



Animals!



Animals

- [Hope Animal-Assisted Crisis Response](#)
- [K9 First Responders](#)

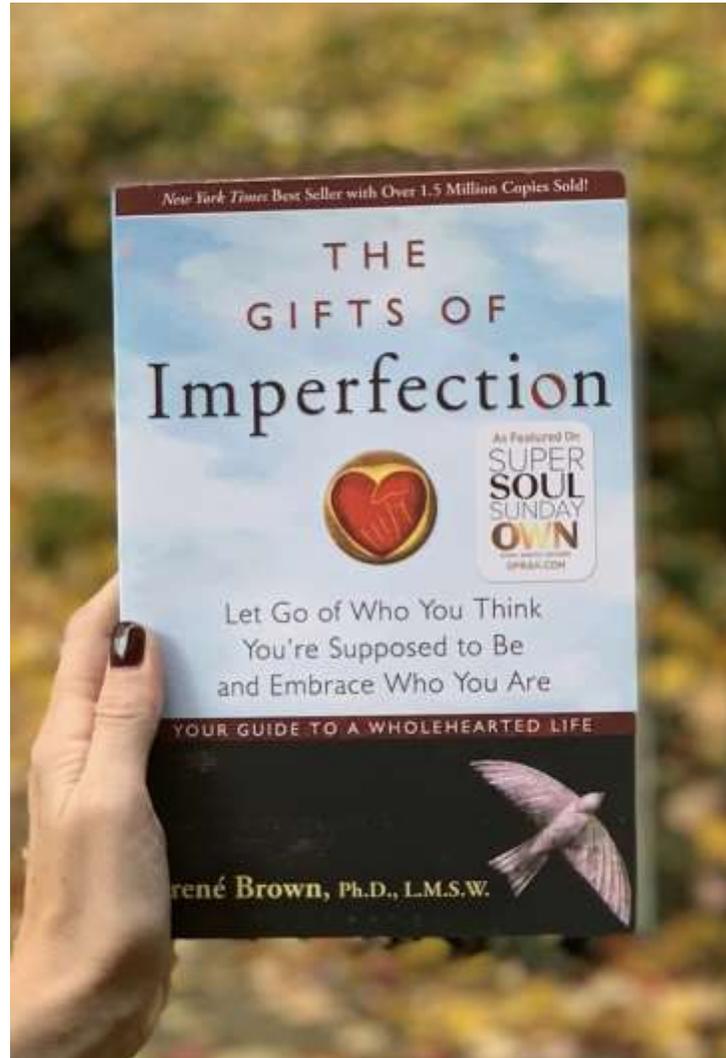


**AFTER LISTENING TO,
LINDA, HIS HUMAN, FOR 12 DAYS
WHILE IN QUARANTINE AS SHE
COMPLAINED FOR HOURS ON END**



**SPARKY REALIZED HE
WAS NOT CUT OUT TO BE
AN EMOTIONAL SUPPORT DOG**

Brené Brown: The Gifts of Imperfection



To Be Continued...

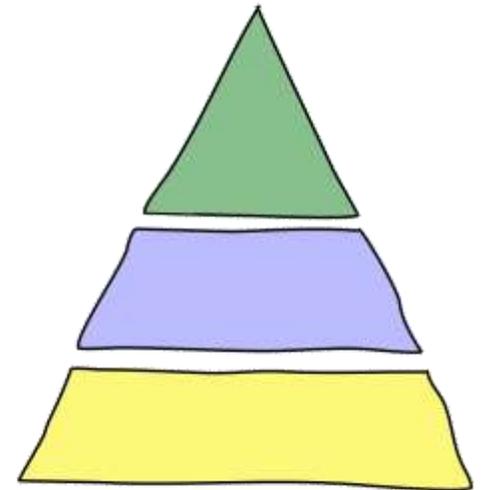
In Psychological First Aid

Spiritual Resilience

**“Selfish or survivalist” stress +
“Pause and Plan” renewal**

=

**Strength for perspective,
priorities and purpose.**



Spiritual Stressors

- **Meaningless, aimless,**
- **Betrayed.**
- **Helplessness.**
- **Uncontrollable, unpredictable,**

Spiritual Resilience

- **Grow your perspective.**
- **Learn and live out a set of values.**
- **Know your purpose – your “why.”**
- **Cultivate a sense of wonder and awe.**

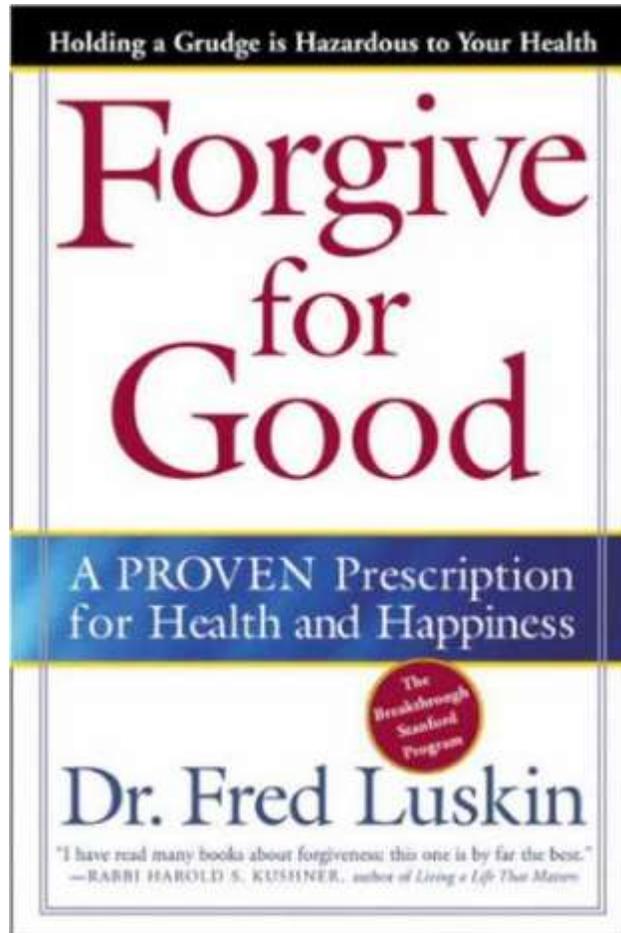
Contemplative Practices

- **Get you back into the present.**
- **Restore your normal sense of time, perspective.**
- **Turn off “tunnel vision” that accompanies strong stress reactions.**
- **“Stress autopilot” – anxiety from past, worry about future (it is trying to *learn* by replaying and rehearsing).**

Some Contemplative Practices

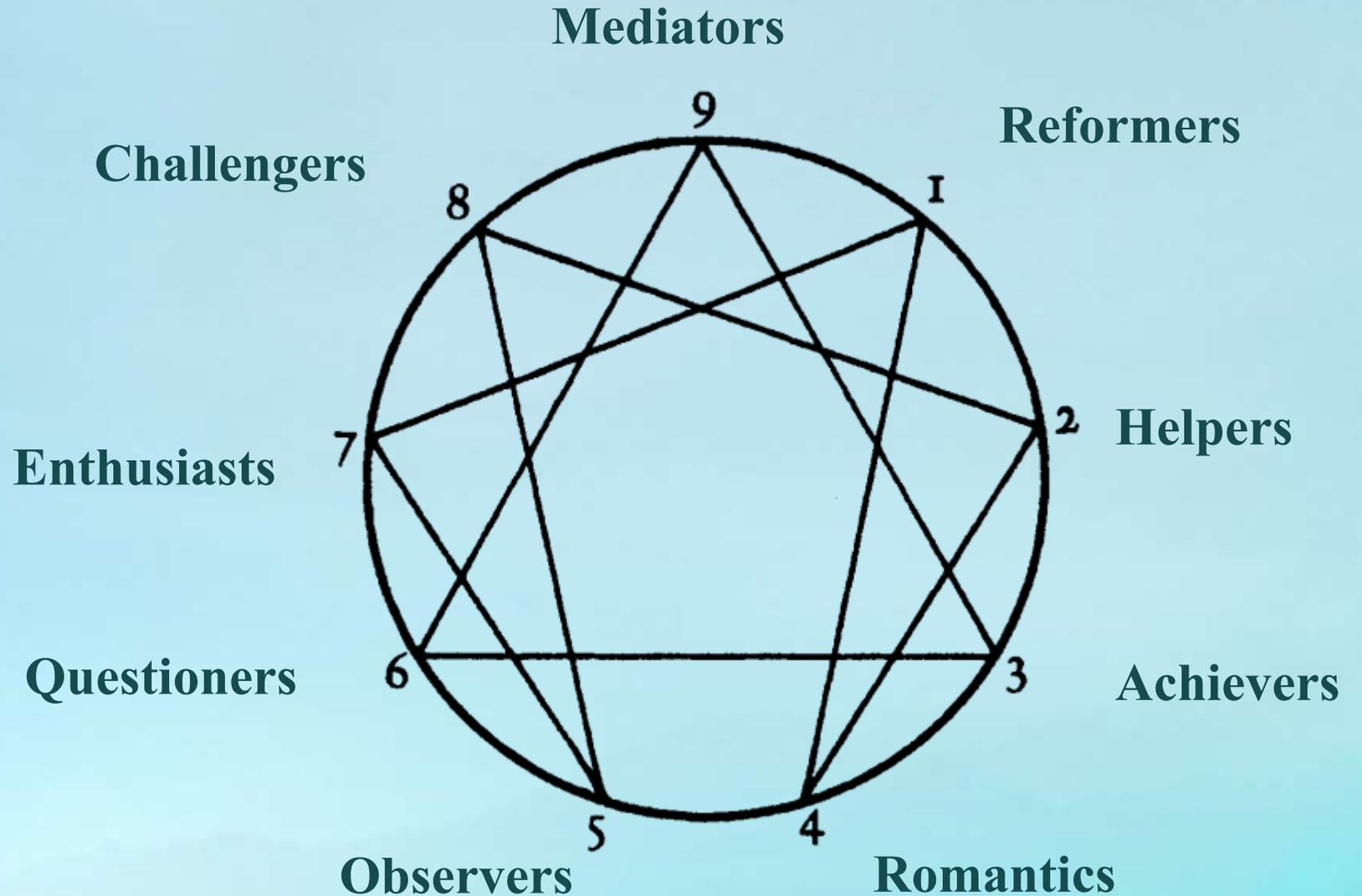
- **Study**
- **Meditation**
- **Prayer**
- **Mindfulness**
- **Unplugging**
- **Retreat**
- **Journaling**

Fred Luskin: Forgive For Good



The Enneagram

- Identify your gifts.
- See how your greatest gifts become liabilities when you over-use them.



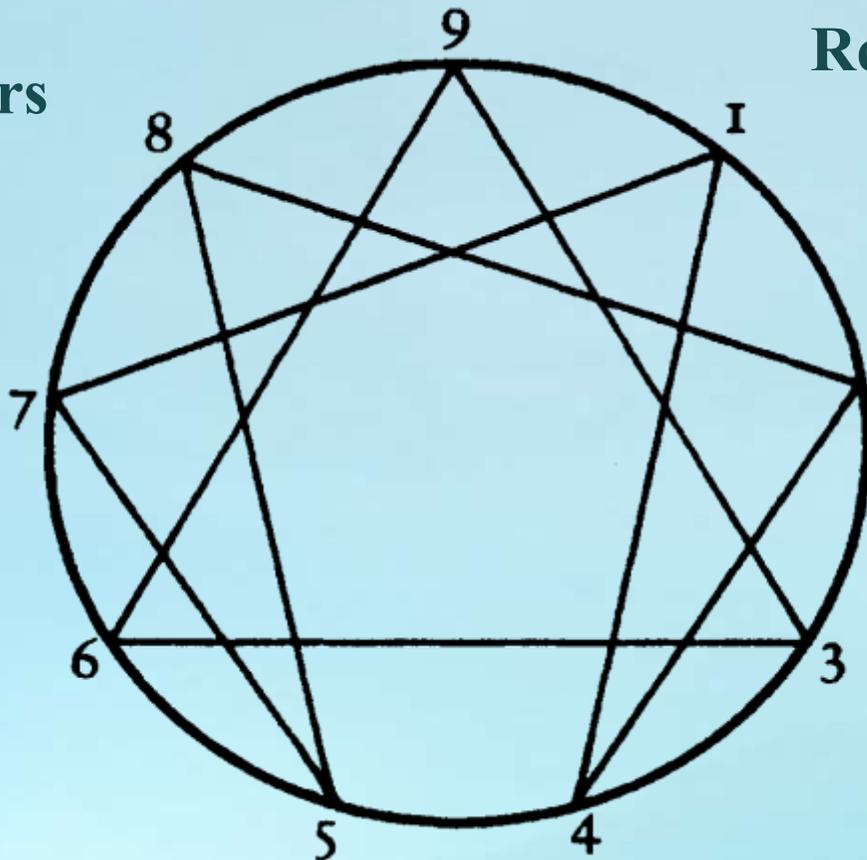
Angry

Fight or Flight

Peacemakers

Challengers

Reformers



Enthusiasts

Helpers

Questioners

Achievers

Observers

Romantics

Survivalist
Selfish or
Worried

Anxious
Defend or
Distance

2. HELPER

Caring, nurturing, concerned, generous

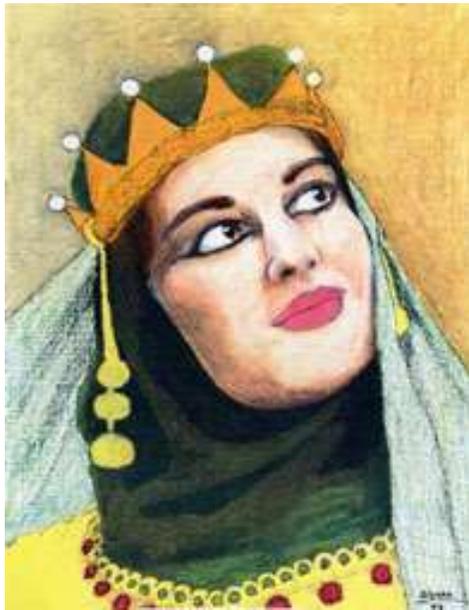
- **Basic Desire:** To be loved
- **Basic Fear:** Being unloved
- **At Best:** Unselfish Altruist
 - Mother Teresa, Eleanor Roosevelt
- **At Worst:** Self-Deceptive Manipulator, 'Maestros of Guilt'
 - Co-Dependent



Helper – Anxious, stuck in *defending*.

- Needing to be needed, trying to *fit in* by *earning* acceptance or love.
- You fear you won't *belong* if you say “No.”
- **Needs:**
 - Tend-and-befriend social renewal, to *receive* support.
 - Spiritual stress and renewal, to *reset priorities* in favor of caring for yourself.

3. ACHIEVER



- **Success and image oriented, adaptable, ambitious**
- **Basic Desire: To be accepted & valued**
- **Basic Fear: Being rejected**
- **At Best: Authentic Person**
 - Christopher Reeve, Tony Robbins, Arnold Schwarzenegger
- **At Worst: Exploitative Opportunist**
 - “Lady Macbeth”

ACHIEVER – Anxious, stuck in *distancing*.

- You try to *fit in* by pointing out your accomplishments and are tempted to lie.
- Motivated by the image you present, as if they don't admire what you do, you won't *belong*.

Needs:

- Take breaks, get physical renewal.
- Social stress and renewal: difficult because “getting real” looks like courage in others but feels like weakness in you.
- Spiritual engagement: build integrity; don't lie.

Two Wolves



Neurophysiology

“Bad” Wolf

- **Sympathetic nervous system.**
- **Fight or flight.**
- **Defend or distance.**
- **Selfish or survivalist.**

“Good” Wolf

- **Parasympathetic nervous system.**
- **Rest and digest.**
- **Tend and befriend.**
- **Pause and plan.**

No. 1 Mistake: You Cannot Starve the “Bad” Wolf (“stress reduction”)



**You don't have to feed your
"bad" wolf...**

It takes what it wants.

**You do have to feed your "good" wolf!
(renewal activation)**

Practice Gratitude & Generosity

- **Gets your brain out of negative “default mode.”**
- **Builds optimism.**
- **Positive thinking.**

Gratitude & Generosity Challenges

For 30 days (not necessarily consecutive):

- **Write down three things you are grateful for.**
- **Three things you are looking forward to.**
- **Do an anonymous act of kindness.**
- **Small or large!**

Start Small, Start Over

Be gentle with yourself.

Be gentle with yourself.

What kinds of stress do I need?



What kinds of renewal do I need?



Feed Your Good Wolf!