

Be Heart Smart: Building Emotional ResilienceTM

American Heart Association

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Karen D. Lloyd, PhD, LP

Stress

...comes FROM work



...and comes TO work



What is Resilience?

Resilience

Building and
practicing
healthy habits


stress


Bounce back

Bend without breaking

Cope without giving in,
giving up or
breaking down

“Emotional heart health”



Surveys of American Adults

Gallup

56% are THRIVING

41% are STRUGGLING

3% are SUFFERING

RWJ/NPR/Harvard

49% had a MAJOR
STRESSOR
in the past year

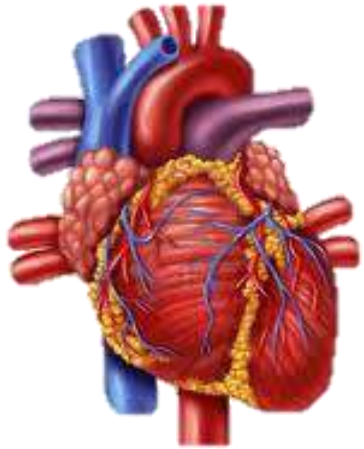
26% had a
GREAT DEAL of stress



**Stress is
normal.**



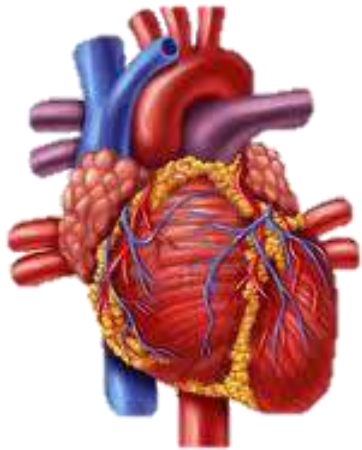
What do we know about stress and the heart?



Stress is a risk factor
for Heart Disease



What do we know about resilience and the heart?



Low-stress resilience in adolescence has been associated with increased risk of CHD

Further results suggest the protective effect of fitness in adolescence is reduced or eliminated in those with low-stress resilience

This provides new evidence of the role of stress resilience in adolescence in determining risk of CHD many years later



What Differentiates Us?

- **Ever wonder why**
 - Some people are resilient?
 - While others wilt or crumble?
- A large part is self-awareness, and practicing skills that become healthy cognitive, emotional and social habits



Types of Stress

Negative

- *Unanticipated or unpleasant events*

Positive

- *Desired or pleasant events*



How You Manage Matters!

Adaptive coping

- Helps solve or deal with the issue
- Improves you

Maladaptive coping

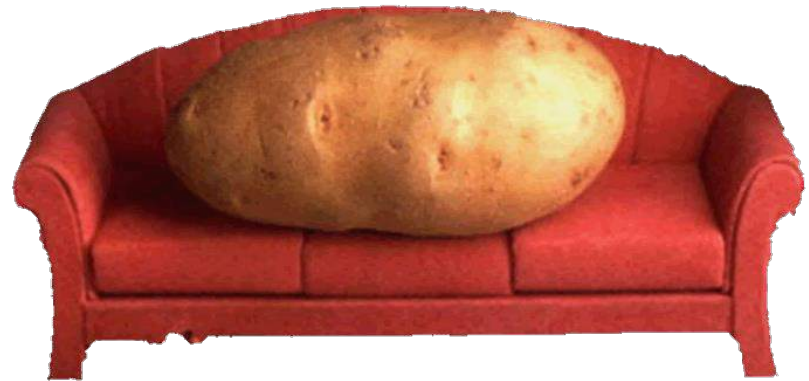
- Avoids or compounds the issue
- Undermines your health



QUIZ!



Adaptive or Maladaptive?



Adaptive or Maladaptive?



Adaptive or Maladaptive?



Adaptive or Maladaptive?



New Adaptive Coping Techniques



Healthy Thinking



Healthy Communication



Mindfulness



KindfulnessTM



Healthy Thinking



Raise awareness



Learn skills



**Practice & create
a habit**



What we say to ourselves
and what we say to others
really matters!

Simple but profound



Healthy Thinking

What we think has a major impact on how we feel

- When stressed we all do negative self talk.
- We want to start “Healthy Thinking.”

Helpful for all-

Life changing for some!



An Adaptive Way to Cope

Healthy
Thinking.



Habit

Check?





oops!



Healthy thinking is...

replacing negative self-talk with
self-talk which is **literally true**





**Negative
self talk**



Let's
Practice
Together



Your Action Plan

Count how many times you do negative self talk

Identify your 3-5 favorite negative phrases

Replace them with thinking which is literally true, reality-based possibility thinking

Practice for 2 weeks to develop a healthy habit

Refresh your habit annually with a few days of additional focused practice



Healthy Communication



Raise awareness



Learn skills



**Practice & create
a habit**

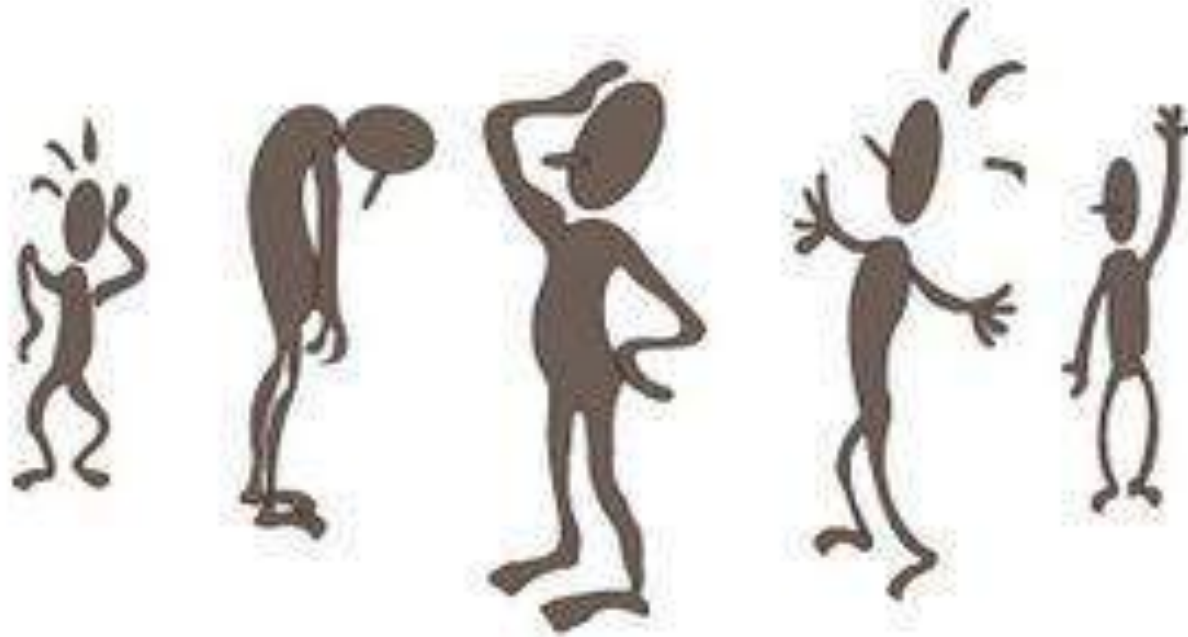


Healthy Communication

- **Body Language**
 - Active Listening
 - Persuasion
 - Negotiation
 - Conflict Resolution



Body Language



Stand up!

Let's engage *your inner actor*

- Facial expression
- Posture
- Gestures
- Tone of voice



Facial expression

- Anger
- Boredom
- Curiosity



Add posture & gestures

- Anger
- Boredom
- Curiosity



Add tone of voice

- Anger
- Boredom
- Curiosity



What's the "Take Away"?

We are always communicating



Mindfulness

Attitude of Gratitude

- Research establishes how powerful this is
- 3 things – written or thought daily
- Create a habit, choose:
 - Time of day +
 - Something to jog your memory
 - Journal
 - View
- Sustain this healthy habit

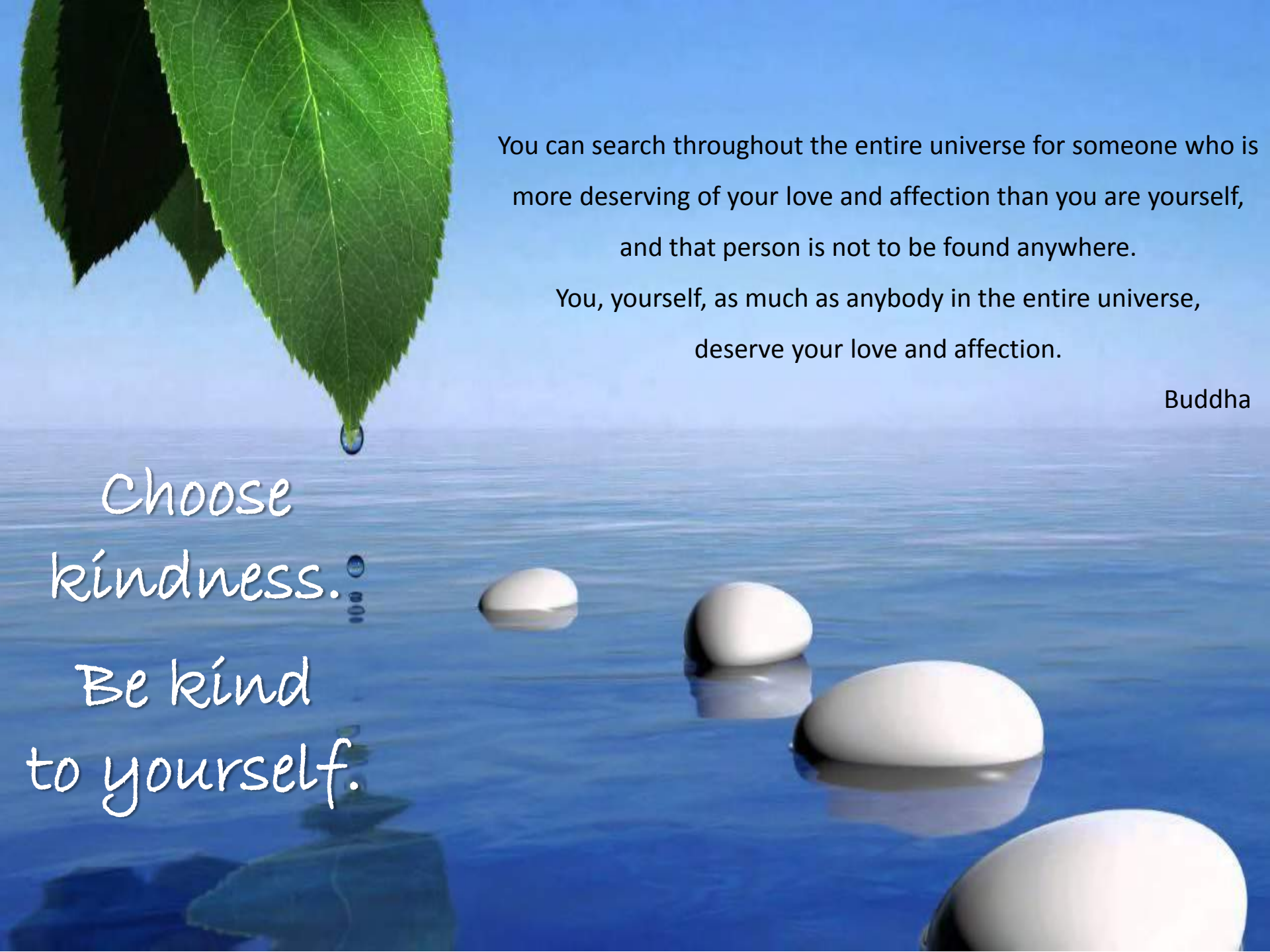


Kindfulness™

Choose Kindness

- Toward others
 - Smiling
 - Listening
 - Acknowledging
 - Helping
- Toward yourself
 - Avoid negative self talk
 - Permission to play, rest and sleep
 - Other healthy self care





You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere.

You, yourself, as much as anybody in the entire universe, deserve your love and affection.

Buddha

Choose
kindness.

Be kind
to yourself.

