

*Remember:*

- There isn't a right or a wrong
- This is individualized
- This is a practice
- It will evolve and change over time

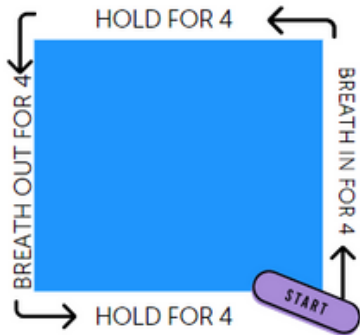
# TREAT YOURSELF PRESENTATION HANDOUT

What is one strategy that I will commit to doing in the next week?

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## SQUARE BREATHING

- Start at the bottom right of the square
- Breathe in for four counts as you trace the first side of the square
- Hold your breath for four counts as you trace the second side of the square
- Breathe out for four counts as you trace the third side of the square
- Hold your breath for four counts as you trace the final side of the square
- You just completed one deep breath!



## GROUNDING USING YOUR 5-SENSES

*What are*

*Ideas*

5

THINGS YOU CAN SEE



Sky  
Trees  
Birds  
People  
Wall  
Fixtures

4

THINGS YOU CAN TOUCH



Feet on the Floor  
Pencil in Hand  
Texture of Clothes

3

THINGS YOU CAN HEAR



White Noise  
Cars Passing  
Clock Ticking  
People Talking

2

THINGS YOU CAN SMELL



Food  
Grass  
Laundry  
Detergent on Clothes

1

THINGS YOU CAN TASTE



Mints  
Gum  
Food

## JOY LIST

Make a list of things that bring you joy

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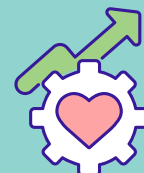
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*Consider the following things when developing your list:*

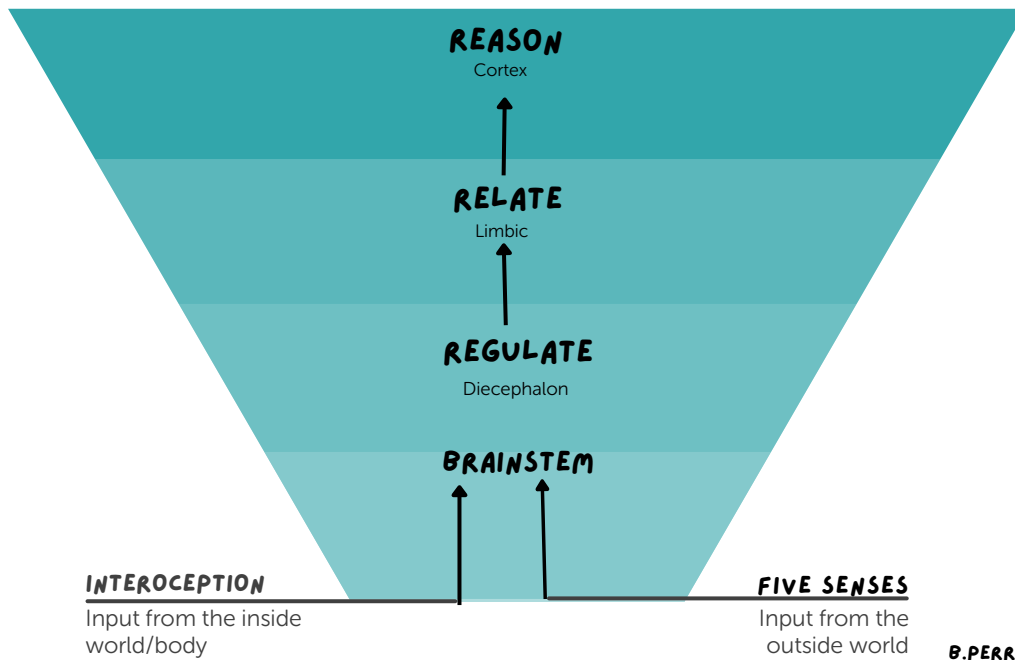
- It takes less than 15 min.
- It takes over an hour
- It's free
- You need money for it
- You can do it alone or with others
- It nourishes your mind
- It moves your body



# SEQUENCE OF ENGAGEMENT

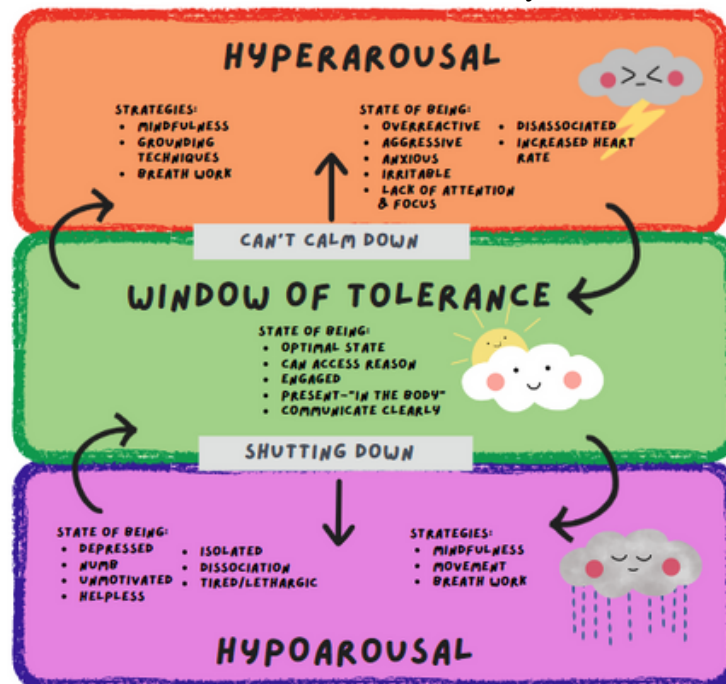
This concept is described by two major principles:

- 1) the initial sequential processing of all experience from lower to higher networks in the brain ("bottom-up")
- 2) state-dependent functioning (states of arousal) of the brain



# THE NERVOUS SYSTEM STATES OF AROUSAL

"Window of Tolerance", coined by Dr. Dan Siegel, describes how the typical brain/body reacts to stress. The window of tolerance is the optimal state of arousal. Hyperarousal describes the overactive state and Hypoarousal describes the underactive state of the nervous system.



## RESILENCY MINDSET



Find purpose and  
see the bigger  
picture



Visualize positive  
outcomes



Be present and  
mindful



Foster wellness



Build connections  
and relationships



Reach out for help

A.Market

## RESOURCES

### Websites:

[www.adammarkel.com/daily-practice-to-build-resilience/](http://www.adammarkel.com/daily-practice-to-build-resilience/)  
[www.tenpercent.com](http://www.tenpercent.com)

### Books:

Buddha's Brain, Dr. Rick Hanson  
Mindsight, Dr. Dan J. Siegel  
Welcoming the Unwelcome, Pema Chödrön

### Apps:

Insight Timer  
Calm  
Headspace