

Building Your Resilience During Challenging Times

Addie Greco-Sanchez
President, AGS Rehab Solutions Inc.
Co-Author, *The 5-Minute Recharge*



**MISSISSAUGA
BOARD OF TRADE**
Spirit of Success.

May 27, 2020

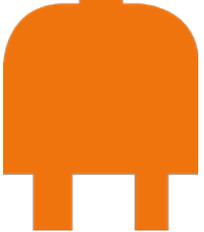


Crises have three psychological stages

- Emergency – clear goals and urgency make us energized, focused, productive
- Regression – future is uncertain, we get tired, irritable, unproductive
- Recovery – we reorient and focus on moving beyond

Most of us are here!

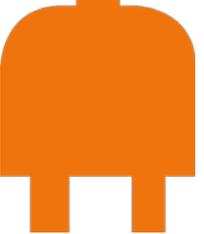
Source: *Harvard Business Review*, May 2020
"If you feel like you're regressing, you're not alone"





What does panic look like?

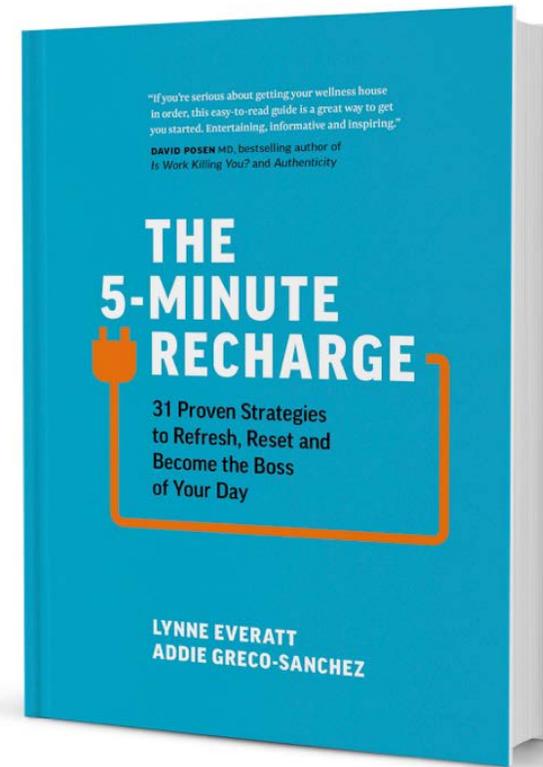
A Personal Story





The Five Pillars of Wellness

- Sleep
- Step
- Sweat
- Reflect
- Connect





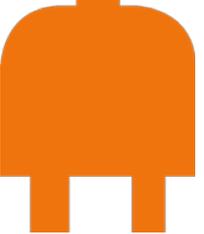
Sleep

“[I] try to get as much sleep as I can . . . that’s the best recovery that you can possibly get.”

- LeBron James



**Your Invitation to Recharge:
The Evening Wind-Down Routine**

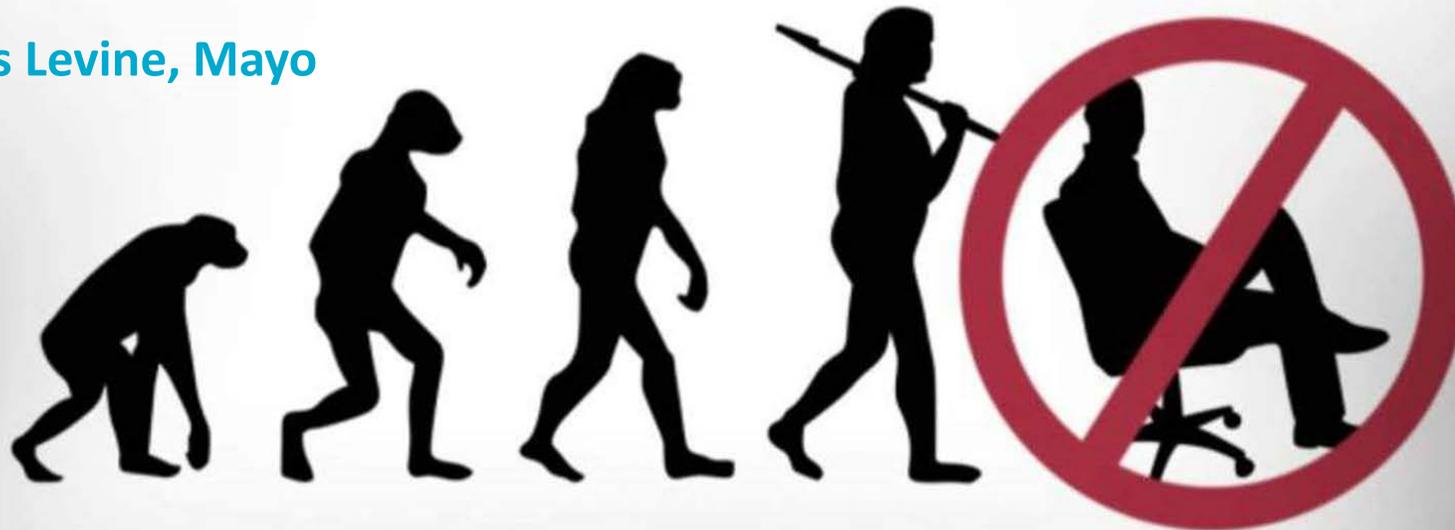




Step

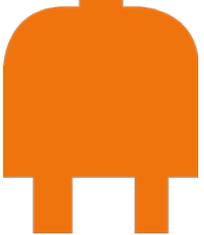
“Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death.”

Dr. James Levine, Mayo



Your Invitation to Recharge:

How can you incorporate more steps into your day?





Sweat

“If exercise came in pill form, it would be hailed as the blockbuster drug of the century.”

- John Ratey

YOUR BRAIN LOVES THE GYM

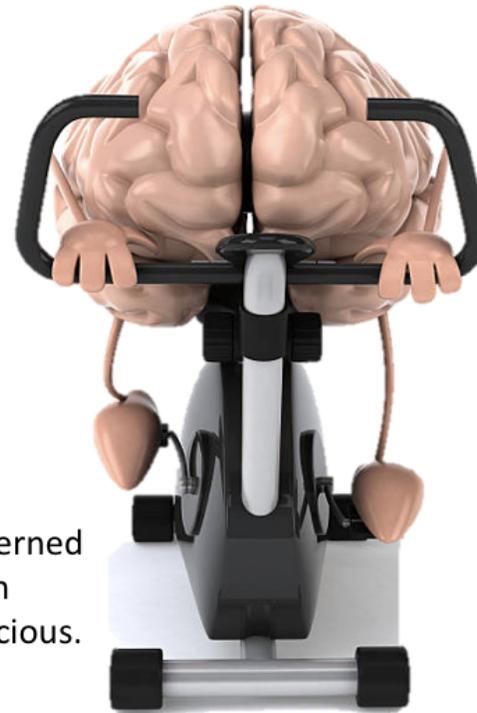
(and the sidewalk, bike trail, pool, tennis court...)

Norepinephrine is released, improving attention, perception and motivation

Brain-derived neurotrophic factor (BDNF) is released, protecting and repairing neurons from injury and degeneration

Hormones combine with BDNF to grow new brain cells, regulate mood and provide mental clarity

The hippocampus—the part of the brain concerned with learning and memory—grows in size with regular exercise and becomes positively bodacious.

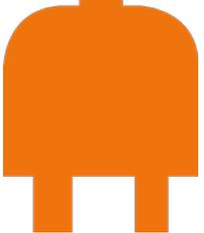


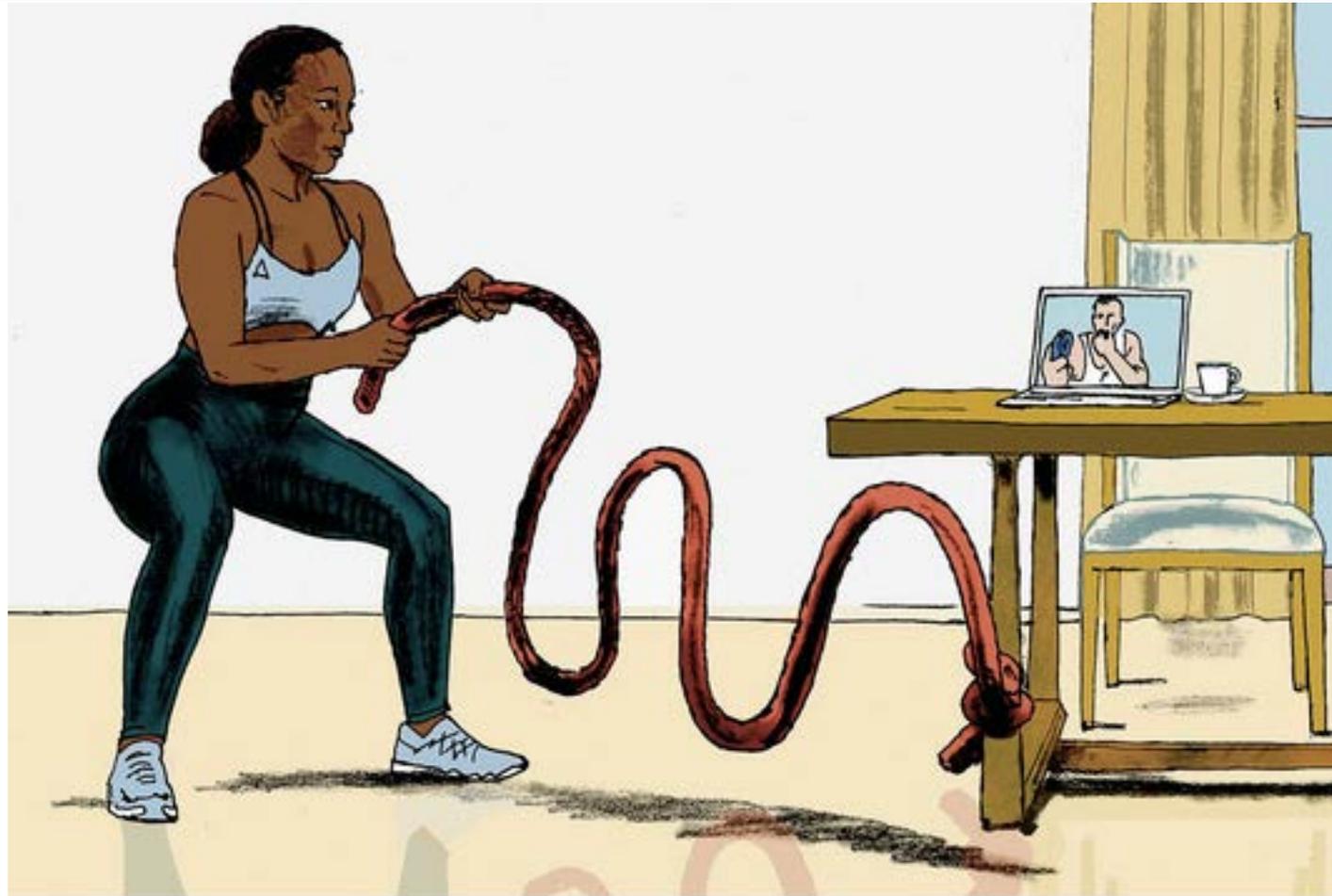
Endorphins are released, dulling the sensation of pain (at the gym, pain is known as weakness leaving the body)

Serotonin is released, enhancing mood

Blood flow to the brain increases, delivering more oxygen and nutrients and improving waste removal (you don't want waste in your brain)

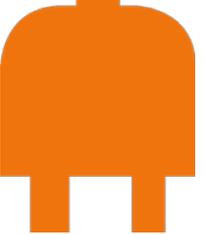
Dopamine is released, improving motivation, focus and learning





Your Invitation to Recharge:

Find a SFH (Sweat-From-Home) routine to try out





“One good thing about music, when it hits you, you feel no pain.”
- Bob Marley

- There is no part of the brain that music doesn't touch
- Music enters our bodies and becomes part of us
- Therefore, you can use music to alter your mood...

**Your Invitation to Recharge:
The Get-in-that-Zone Playlist**





Reflect





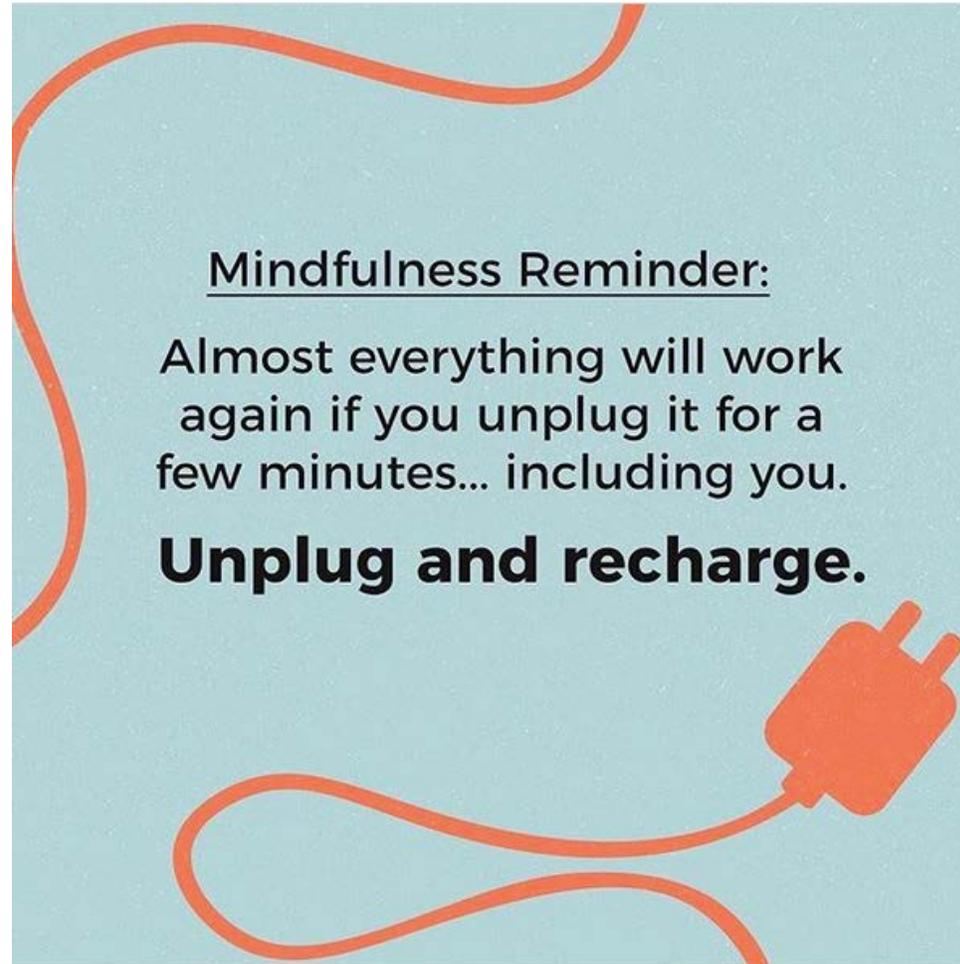
Reflect

| | | | |
|---------------------------------|---------------------------------|-----------------------------------|----------------------------------|
| <p>Envy Facebook</p> | <p>Sloth Netflix</p> | <p>Pride Instagram</p> | |
| <p>Wrath Twitter</p> | <p>Gluttony Yelp</p> | <p>Lust Tinder</p> | <p>Greed LinkedIn</p> |





Reflect



Your Invitation to Recharge:

Enjoy the Sound of Silence without your phone





Connect

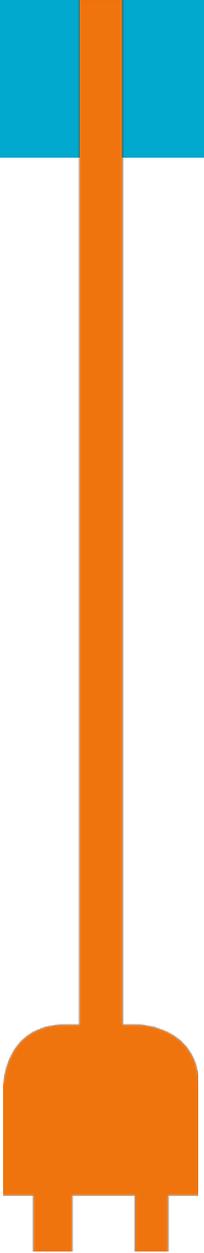
“A good life is built with good relationships.”

- Harvard researcher Robert J. Waldinger



🗨️ Ask your loved ones this evening:

“What was your highlight of the past 24 hours?”





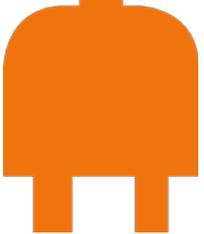
Connect

The people of Taquile Island, Peru



Your Invitation to Recharge:

What one thing can you do today to strengthen a connection?





Connect

“It's worth making time to connect with someone every day—it might actually help you fight off viruses.”

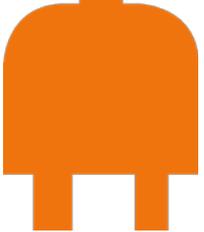
– Astronaut Scott Kelly

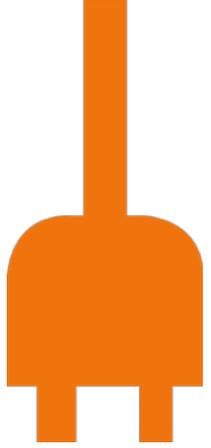




Maximize your Mental, Physical and Emotional Wellbeing: Proven Coping Strategies

1. Get enough sleep—for most people this means 7 to 9 hours
2. Nurture your close relationships
3. Move your body fast and slow (ideally in nature)
4. Be grateful and really feel it!
5. Practice self-compassion – treat yourself with the same care you'd offer a dear friend
6. Reflect on what's working and isn't working in your life, ideally in writing
7. Have a sense of purpose based on your unique skills and values and dedicated to a cause greater than yourself
8. Savour the present moment, and get into the flow
9. Be intentional in the way you use your smartphone
10. Pause to breathe deeply





Thank you for listening!

Addie Greco-Sanchez, President | AGS Rehab
agsanchez@agsrehab.com
www.agsrehab.com

Sign up for our newsletter:
5minrecharge.com

Book available for purchase on Amazon

