

FINDING BALANCE DURING UNCERTAINTY



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Today's Objectives

- Why Uncertainty Is So Difficult
- How Stress Affects Our Resiliency
- Empowering Techniques You Can Apply Today



Uncertainty

- Lack of control
- Not having the answers
- Lack of information about the future



Our brain is constantly calculating the odds.

The Brain Hungers For Certainty

- Similar to our need for food, intimacy and safety
- Certainty activates the reward center of our brain
- Certainty overrides even outcomes causing pain



**Our brains crave
information.**

Uncertainty Is The Catalyst For Anxiety

- Uncertainty induces anxiety in everyone
- How we respond is different in everyone



Anxiety Can Lead To Chronic Stress

Stress is experienced when a person perceives that the “demands exceed the personal and social resources the individual is able to mobilize.”

- *Richard Lazarus*

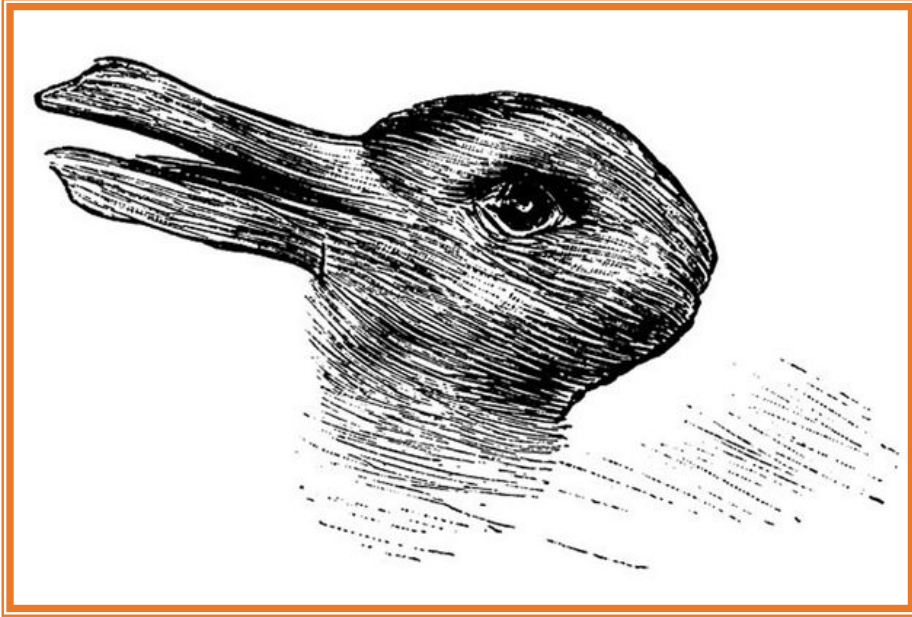


Stress Has Two Parts

- ***Stressor:***
Event that creates demands
- ***Stress response:***
person's reactions to the demands



Stress is a Perception



What do you see?



The Fight-or-Flight Response

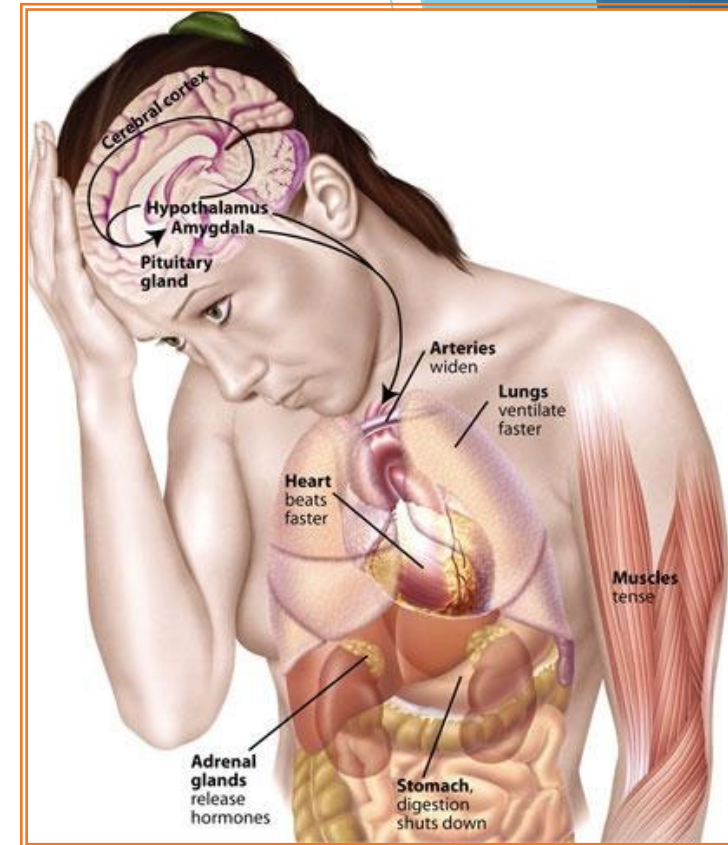
Physiological reaction that occurs in response to a real or perceived harmful event, attack or threat to survival.



What happens during this response?

The Stress Response System

- Hormones activate Sympathetic Nervous System
- SNS stimulates adrenal glands - releases adrenaline
- Triggers physical signs



Body Sensations

Sensation is the body's intuitive language

- **Reaction/Stress:**
 - Tightening of chest, curling into self, heaviness, trouble breathing deeply, tunnel vision, etc.
- **Choice:**
 - Sense of calm/elation, relaxed shoulders, upright posture, energized and light

Understand how the body responds & feels in certain states



The Good and The Bad

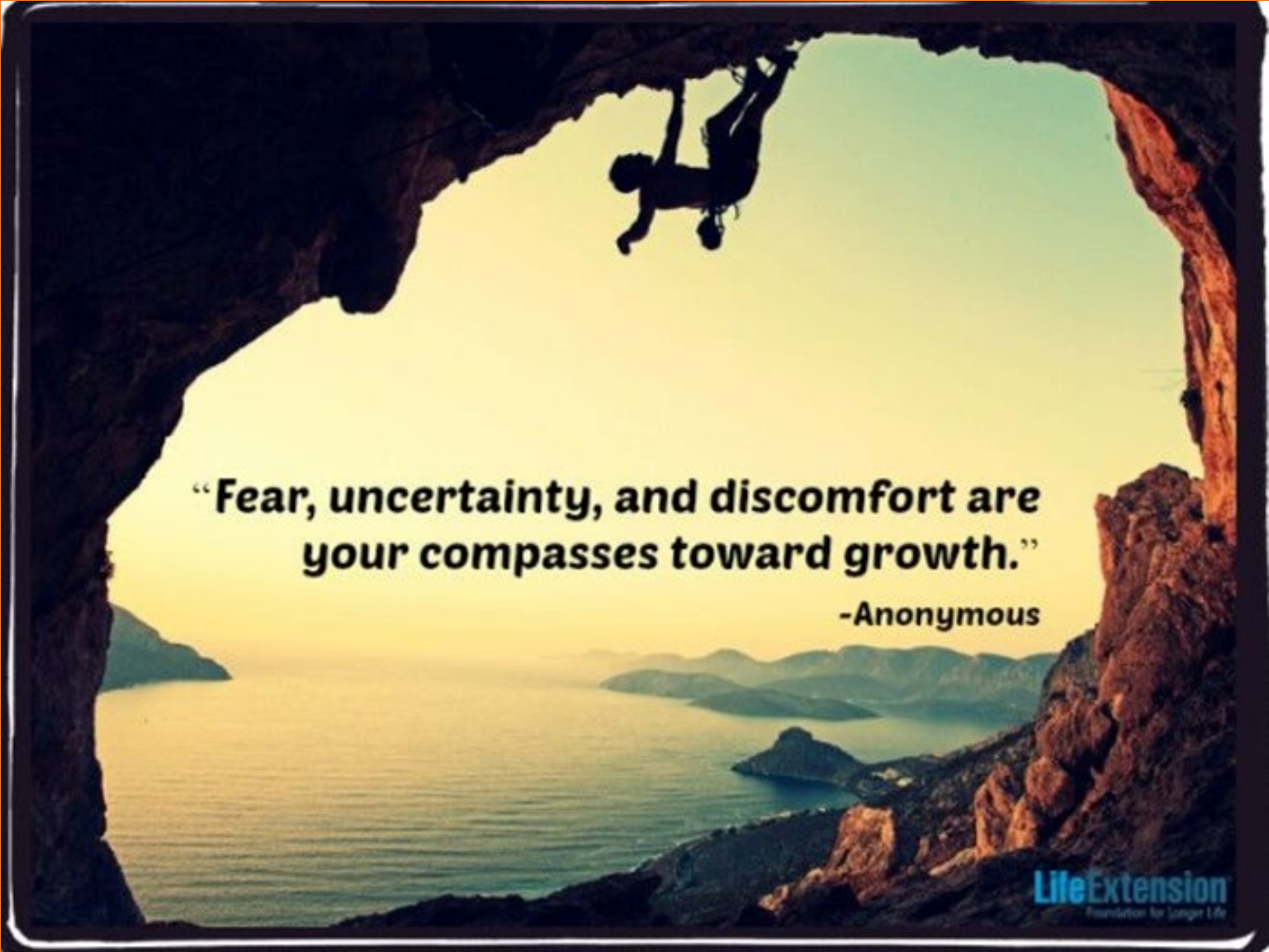
- As a positive force and in small amounts, stress may be desired, beneficial and even healthy.
- Chronic stress can be harmful on our health, however, we now know it's our "thoughts" that make the difference

Dealing With Stress-Related Problems

Two ways:

- by eliminating the source(s) of the stress or changing directions
- by learning how to deal with stressful conditions before they lead to problems



A person is silhouetted against a bright, hazy sky, hanging upside down from the jagged edge of a dark cave. The cave's opening frames a view of a calm sea and distant, hazy mountains. The scene is bathed in the warm, golden light of a sunset or sunrise. The overall mood is one of contemplation and the unknown.

**“Fear, uncertainty, and discomfort are
your compasses toward growth.”**

-Anonymous

Possibility Not Certainty

POSSIBILITY	ACTIONS
BELIEFS	RESULTS

What Is Resilience?

The process of adapting well in the face of adversity, trauma, tragedy, threats and significant sources of stress.

No just “bouncing back” but growing from the experience.



Building Resilience

- Involves behaviors, thoughts, and emotions

**Something we can
all develop!**



Building Resilience



- Build connections
- Focus on wellness
- Find purpose
- Change your mindset
- Seek help when needed

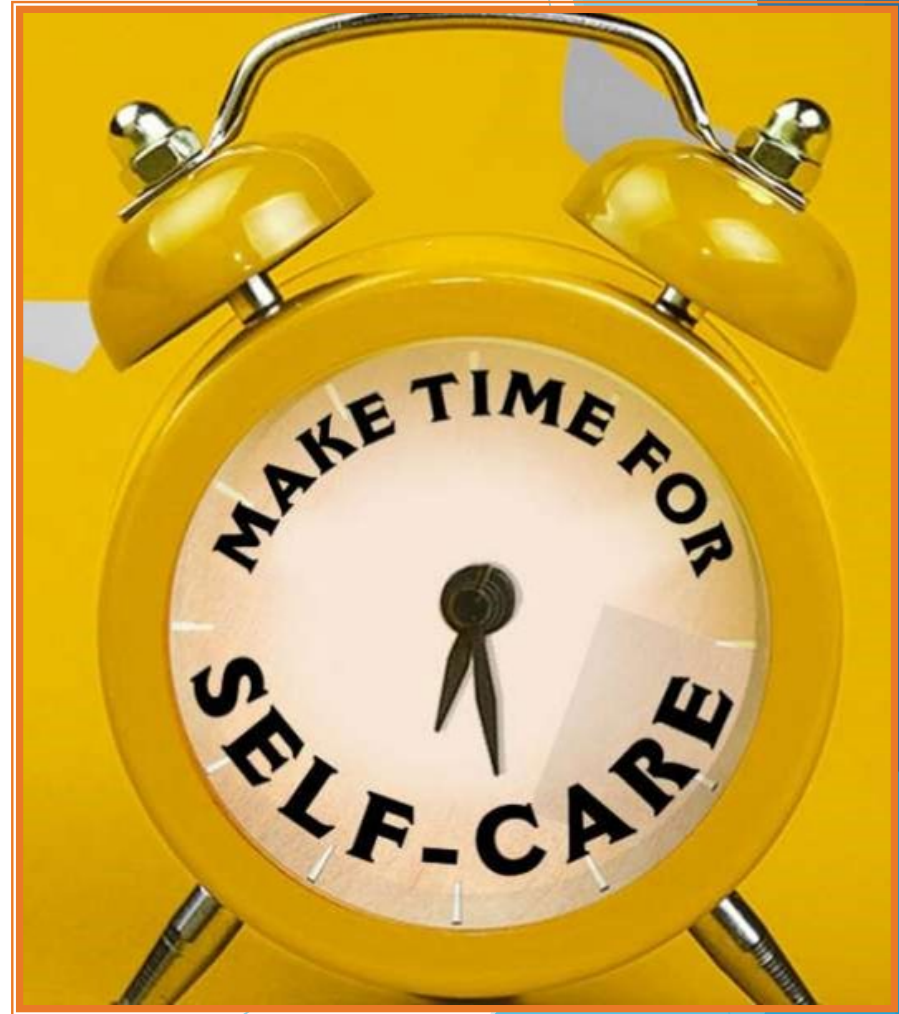
Build Connections

- Prioritize relationships
- Join a group – volunteering can build friendships and enhance purpose



Focus On Wellness

- Make yourself a priority
- Practice mindfulness
- Avoid negative outlets



Find Purpose

- Help others
- Try being proactive and commit to values
- Move towards your goals and find ways to grow

Change Your Mindset

- Keep things in perspective
- Connect to your strengths
- Remember past accomplishments



Fixed

Mindset

Growth

Mindset

Carol Dweck

Intelligence is static.

Leads to a desire to **LOOK SMART** and therefore a tendency to:

- ✓ **AVOID CHALLENGES**
- ✓ **GIVE UP EASILY DUE TO OBSTACLES**
- ✓ **SEE EFFORT AS FRUITLESS**
- ✓ **IGNORE USEFUL FEEDBACK**
- ✓ **BE THREATENED BY OTHERS' SUCCESS**

Intelligence can be developed

Leads to a desire to **LEARN** and therefore a tendency to:

- ✓ **EMBRACE CHALLENGES**
- ✓ **PERSIST DESPITE OBSTACLES**
- ✓ **SEE EFFORT AS PATH TO MASTERY**
- ✓ **LEARN FROM CRITICISM**
- ✓ **BE INSPIRED BY OTHERS' SUCCESS**

Reaction vs. Choice

- Use feelings and behaviors as a way to notice stress response kicking in
- In **reaction**, you're interacting with:
 - “I can't”, “I won't”, fear, worry, guilt, doubt, unforgiveness, judgment, sarcasm
- Can seem to take control; say/do things that you aren't proud of later

Reaction vs. Choice

- In **choice**, you're interacting with:
 - Responsibility, trust, love, forgiveness, commitment, discernment, humor, wonder, creation
- In-charge, self-possessed, able to thoughtfully participate in interactions & respond intelligently and intentionally to our emotions

A New “Normal”

- Rethink what you had...is it something you really want now
- Refresh, Reset, Reframe
- Hamster wheel/rat race
- Craving a break from the routine and now we have it. What do you want as a new routine?

TRUST THE WAIT.

Embrace the uncertainty.

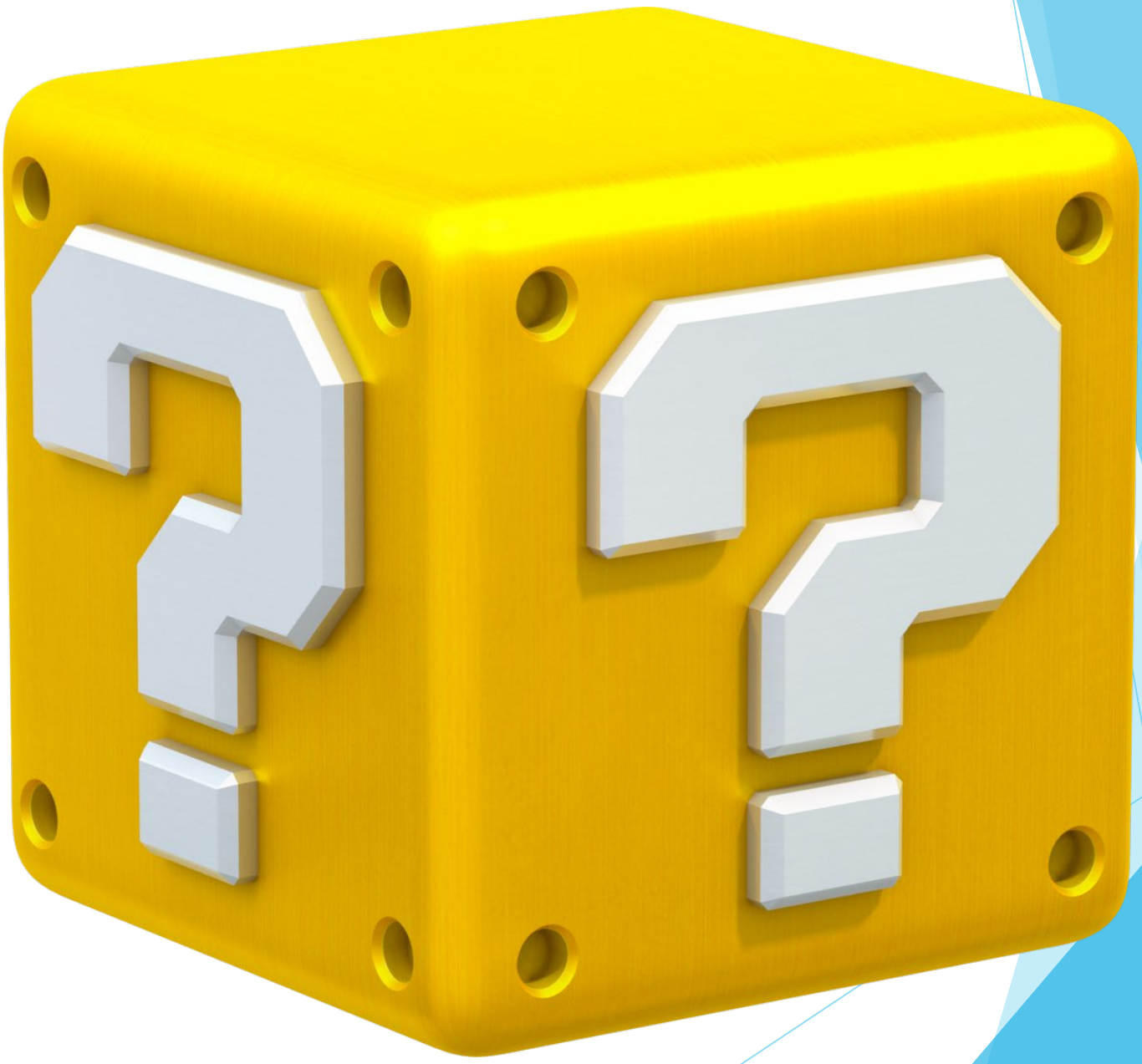
Enjoy the beauty of becoming.

When nothing is certain,
anything is possible.

MANDY HALE



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Thank you!

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