WE ARE
TEXAS
STRONG

HEALTHY COUNTY BOOT CAMP

Feb. 10-12, 2021 • Embassy Suites Denton Convention Center
What’s Your Bounce Factor?
Learn to Thrive in Uncertain Times

Mark Zollitsch, Wellness Consultant
Stacey Bruington, Wellness Consultant
“Psychological resilience is vital for the ability to cope effectively with hardship, uncertainty and change.”

“Psychological resilience in the face of the pandemic is related to modifiable factors.”

Did You Know....

Recent COVID-19 study of 1,000+ people after three-weeks of nation-wide lockdown found greater resilience predicted by frequency of the following...

Source: Psychiatry Res. 2020 Sep; 291: 113216
Greater resilience predicted by frequency of the following six attributes . . .

1. Days per week getting outside in sunshine for at least 10 minutes
2. Minutes of exercise
3. Perceived family and social support
4. Care and support of significant other
5. Lower insomnia
6. Frequency of prayer

Source: Psychiatry Res. 2020 Sep; 291: 113216.
# The Need for Resilience

<table>
<thead>
<tr>
<th></th>
<th>2018 (% of US population)</th>
<th>2020 (% increase)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>7.2%</td>
<td>31% <em>(Depression &amp; Anxiety combined)</em></td>
</tr>
<tr>
<td>Anxiety</td>
<td>19.1%</td>
<td></td>
</tr>
<tr>
<td>PTSD/Trauma</td>
<td>3.6%</td>
<td>26%</td>
</tr>
<tr>
<td>Substance Use</td>
<td>60.2%</td>
<td>13%</td>
</tr>
<tr>
<td>Suicidal Ideation</td>
<td>4.3%</td>
<td>11%</td>
</tr>
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[www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm](https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm)

[www.cdc.gov/mnwr/volumes/69/wr/mm6932a1.htm](https://www.cdc.gov/mnwr/volumes/69/wr/mm6932a1.htm)
• COVID-19 pandemic and resulting social isolation and economic uncertainty led to significant increases in mental health conditions.

• The resulting increase in chronic stress exacerbates inflammatory, cardiovascular or other chronic conditions.

• Bolstering psychological resilience in times of adversity counters the impact on mental and physical health.

Source: https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm
What is Resilience?
“Resilience is about advancing despite adversity. The key shift in focus is away from simply 'bouncing back,' which implies returning to the status quo, towards advancing, which encompasses continual growth and achievement of your goals.”

-Jurie Rossouw
Resilience is Personal

"We look at life through the lens of our experiences."
-Madeline M. Kunin

Shift your perspective. Resilience and a positive outlook are a daily choice.
Checking Your Resilience Reservoir
Inventory Score
Helpless or Hopeful?
Helpless or Hopeful?

• Fact or Fiction: Resilience is rare and genetically pre-programmed?
  • Helplessness or hopefulness are both learned behaviors.
  • Genetics, biology and neuroplasticity all play a role.
  • The key is harnessing stress to power our resiliency muscle.
Understanding the Mind/Body Connection
Mental and Physical Health Inseparable

Physical Disease

Thoughts and Feelings

Physical Habits

Influences Emotions & Thoughts

Mental Health

Manifests as Physical Symptoms

Changes Biochemistry

Physical Health

Changes Brain Chemistry

Movement, Sleep, Nutrition

Changes Biochemistry

Physiology

Thoughts and Feelings

Changes Physiology

Physical Disease
"Every day we are altering our brain chemistry by what we EAT, how we MOVE and how we THINK."

-Dr. Karen Wolfe
The Power of Brain Chemistry

• Neurotransmitters:
  Powerful group of chemicals inside the body and brain that create a wide spectrum of feelings, moods and thoughts.

• Helps us understand why certain behaviors manifest together and what we can do to positively influence them.
Oxytocin: The Chemical of Love

- Anti-depressant-like effect
- Reduces fear and anxiety
- Increases trust and empathy
- Affects our capacity to be resilient in the face of adversity
- Stimulate naturally:
  - Listen to music
  - Work-out
  - Get a massage
  - Drink coffee
**Serotonin: The Chemical of Social Bonding**

<table>
<thead>
<tr>
<th>Low Level of Serotonin</th>
<th>Optimal Level of Serotonin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depressive</td>
<td>Hopeful, Optimistic</td>
</tr>
<tr>
<td>Impulsive</td>
<td>Reflective and thoughtful</td>
</tr>
<tr>
<td>Unable to concentrate</td>
<td>Able to concentrate</td>
</tr>
<tr>
<td>Thinking is blocked and scattered</td>
<td>Thinking is creative and focused</td>
</tr>
<tr>
<td>Flying off the handle</td>
<td>Able to think things through</td>
</tr>
<tr>
<td>Reactive</td>
<td>Responsive</td>
</tr>
</tbody>
</table>

"Activate your brain chemistry for mental wellbeing and resilience."

-Dr. Karen Wolfe
Serotonin: Building a Stress Shield

- Nutrition
  - Protein and "slow" carbs
    - Tryptophan: Crossing the blood-brain barrier
    - Turkey, Salmon, Tofu, Nuts & Seeds
- Physical Activity
- Sleep
- Digestive Wellness/Microbiome
- Meaningful Social Connections
Negative Coping Cycle

Physical: headaches, hypertension, exhaustion, GI upset

Emotional: anxious, angry, irritable, frustrated

Spiritual: emptiness, alienation, lack of meaning

Social: lonely, grouchy, impulsive, hostile

Cognitive: impaired reason, inattention, lack of concentration
Ways to Up Your Bounce Factor
Up Your Bounce - Fitness

- Increases serotonin, endorphins and oxytocin;
- Changes your emotions, feelings and thoughts;
- Exercise three to five days a week, daily is most beneficial;
- 15-20 minutes sufficient;
- Any vigorous movement works, take your pick, just move!
Up Your Bounce - Sunshine & Fresh Air

- Sunshine raises Vitamin D levels, helps circadian rhythm and sleep cycle improving rest, averts seasonal affective disorder
- Fresh air strengthens immune system, oxygenates the body and brain, clarifies thinking
- Got out and play, walk, picnic, even sit!

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Up Your Bounce - Nourishment

- Healthy, whole food nourishes the brain, provides building blocks for critical neurotransmitters that determine our brain chemistry and feel-good hormones.

- Improves coping skills, increases confidence and surety.

- Conversely, poor nourishment increases anxiety, lowers coping skills and reduces mental wellbeing.
Nourishment (cont.)

Critical keys:

• Large variety of fresh fruits and vegetables
• Omega-3 rich fats like salmon and krill oil, flax seed, grass fed butter
• Small quantities of complex carbohydrates to keep blood sugar up – oatmeal, sweet potatoes, root vegetables
• Avoid processed foods, fast food and sugars
Up Your Bounce - Purpose

- What is your passion?
- What is your purpose?
- What lights your fire, makes you come alive?

Without plans and purpose, we struggle to find hope and meaning, which often leads to the inability to cope with challenges and changes.

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Up Your Bounce - Sleep

Think of how much sleep affects a toddler's mood and coping skills; Time to defrag the brain and reset everything, including hormones and neurotransmitters.

**Strategies**

- Schedule your sleep;
- 7-9 hours/night;
- Cool, dark room, no electronic clutter;
- Pillow and mattress that work for you.
Up Your Bounce


Spiritual Health Practices: Generates a healthy self-perception and lends meaning and value in difficult times.

Mindfulness/Embrace Healthy Thoughts: Helps build connection and restores hope.
Up Your Bounce

Avoid Negative Input: "What goes into your mind, comes out in your life."

Manage Feelings and Impulses: You may not be able to change a highly stressful event, but you can change how you interpret and respond to it.
Advancing Despite Adversity

Goal-oriented, work towards your vision.

Be proactive: don't wait for adversity.

Both large and small everyday challenges.

Wrap It Up
Wrap it Up

**Advancing Despite Adversity**

- Choose **ONE** Thing: "Paralysis of Analysis"
- Make it S.M.A.R.T.
- Resilience can be *learned*, but it can't be *hurried*: allow grace and space.
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