



Staying Whole While Navigating Turbulence

Presented By

Jeannie Jones

Rudder Consulting: *Because you can't steer without a rudder!*



This webinar is for any health and wellbeing professional who wants to add tools to their “Navigating Turbulence” toolbox so that they may help themselves, and those they serve, get out of a rut and into a groove!

It will provoke insights for questions such as, are you living your life or is your life living you? What does “staying whole” mean to you? How’s it going? Do you have the right tools in your toolbox?

Our busy lives are challenging as they are, and the universe seems to keep throwing us curve balls. Whether it’s organizational changes, life events, geopolitical uncertainties, or just daily activities of living, we all must occasionally navigate turbulence; the challenge is to do so without losing ourselves. Aligned with NWI’s Wellness Promotion Competency and Six Dimensions of Wellness models, this webinar will help you better navigate these certain challenges.



Jeannie Jones, MA, CWP, PQ Coach™

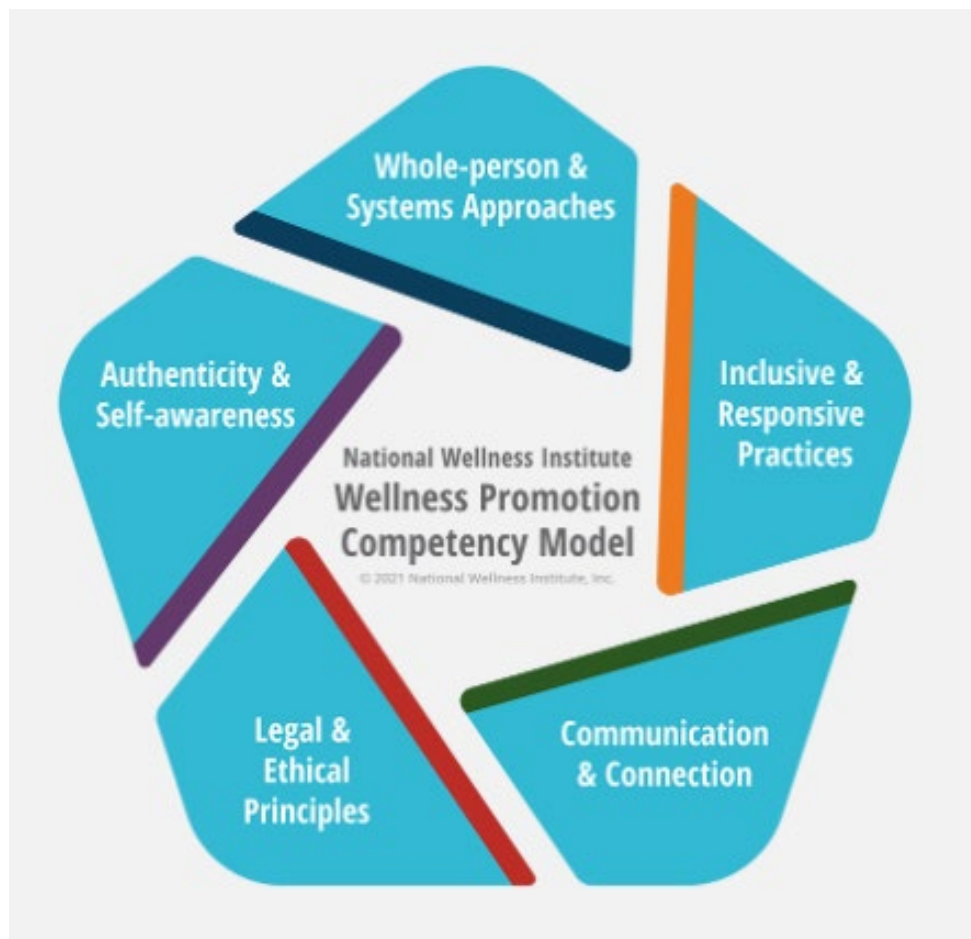
Following a 32-year career in corporate health and wellbeing, Jeannie started her own consulting business in 2022. This allowed her to continue her passion of helping individuals, teams, and organizations become healthy and high performing. While her masters is in exercise science, the last half of her career was spent studying the psychosocial aspects of human performance.

- Certified Wellness Practitioner (NWI)
- Certified Mental Health First Aider (NCWMB)
- Authorized Partner, Coaching on the Go
- Certificate in “Science of Happiness” (Berkeley)
- Certified DiSC® Practitioner
- Past member HERO Think Tank and judge for NBGH, Best Employers for Healthy Lifestyles

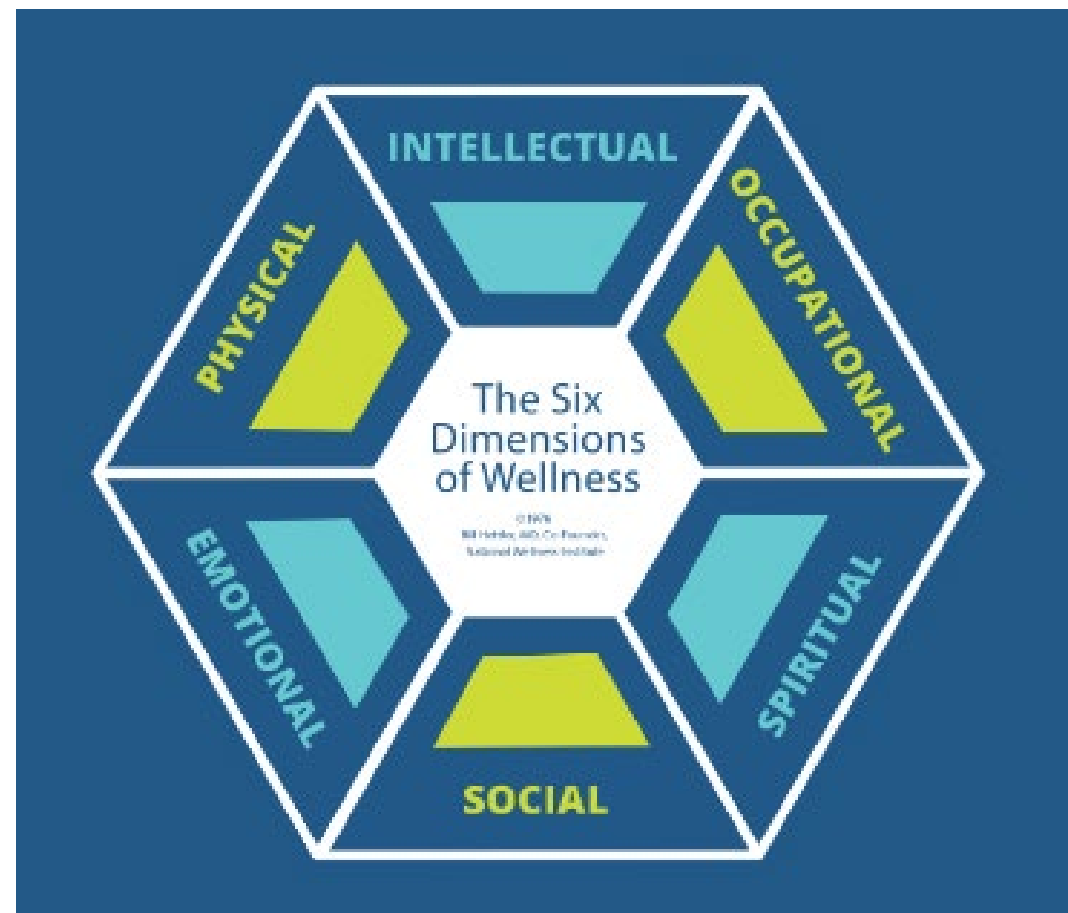
Learning Objectives

- Explore the relationship between the following variables and your ability to navigate turbulence: VUCA, purpose/core values, demand/capacity, pressure/performance, energy/time, mindset, circle of control, and resilience.
- Discuss self-compassion with regards to “staying whole.”
- Provide you with tools and activities so that you may successfully develop and execute an action plan to stay whole despite turbulence.





<https://nationalwellness.org/resources/nwi-wellness-promotion-competency-model/>



<https://nationalwellness.org/resources/six-dimensions-of-wellness/>





People who know me well, know I'm happiest when:

For more complimentary resources please visit my website:
<https://www.rudderconsultingnc.com/publications>



A positive mindset is a strategic advantage

Evidenced based techniques to rewire your brain for

happiness: Shawn Achor (TED)

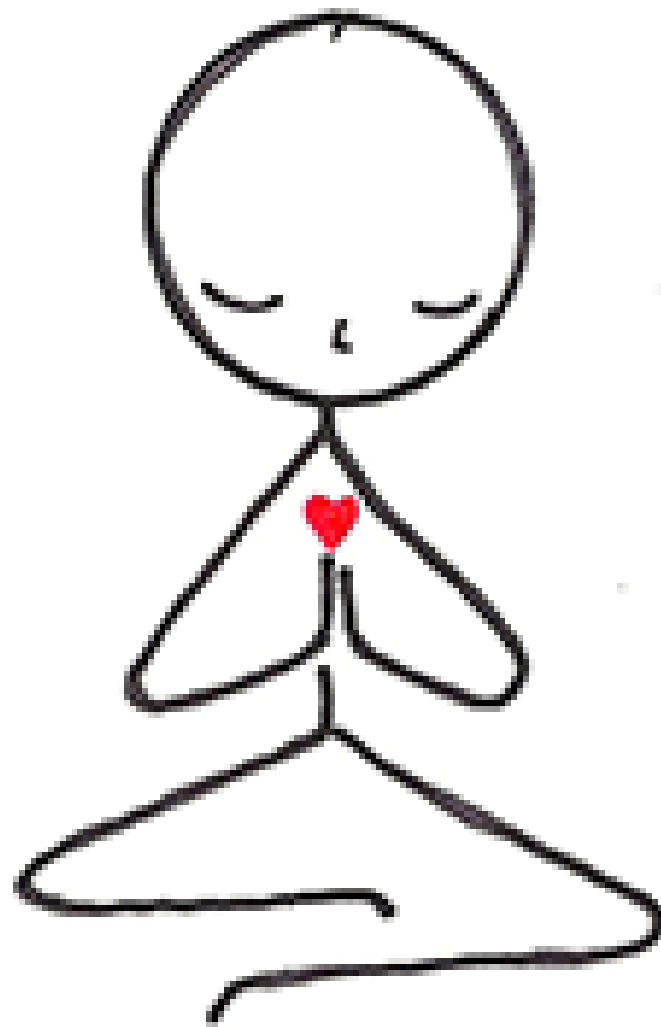
- Exercise
- Meditation
- Acts of kindness (random or deliberate)
- Gratefulness
- Journaling

Dr. Barbara Frederickson, UNC, Positivity

https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en



What does
“staying
whole” mean
to you?





Looking ahead/back:

What changes are
on your horizon?

What skills/resources
have you relied on
in past to navigate
change?

Resilience:

Home // Psychology Topics // Resilience

Resilience



<https://www.apa.org/topics/resilience>



Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

A number of factors contribute to how well people adapt to adversities, predominant among them:



- the ways in which individuals view and engage with the world
- the availability and quality of social resources
- specific coping strategies

Psychological research demonstrates that the resources and skills associated with more positive adaptation (i.e., greater resilience) can be cultivated and practiced.

From [APA Dictionary of Psychology](#)

Survival of the _____.

VUCA

- Volatile
- Uncertain
- Complex
- Ambiguous



“It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change.” – Charles Darwin

Look for the opportunities in storms

“Painful as it may be, a significant emotional event can be the catalyst for choosing a direction that serves us - and those around us - more effectively. Look for the learning.”

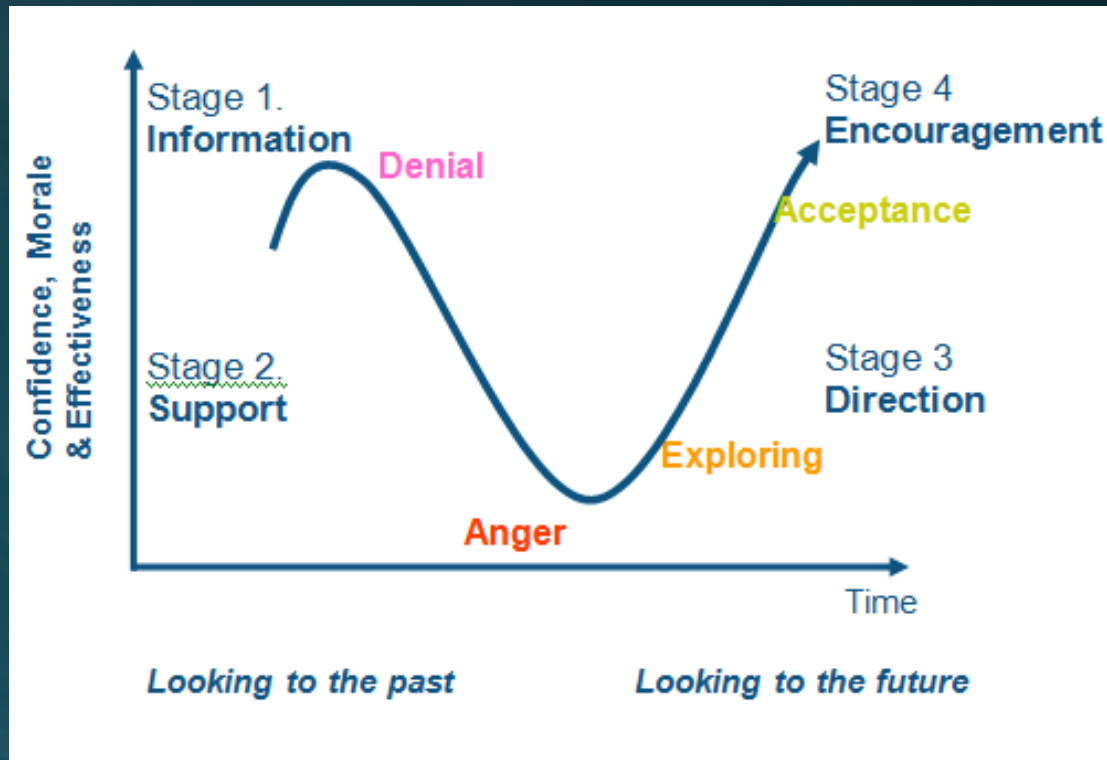
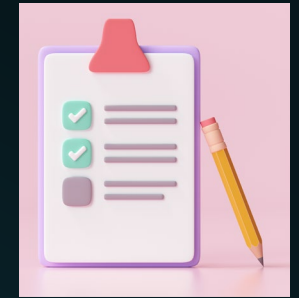
- Louisa May Alcott



“A smooth sea never made a skillful sailor”

– Franklin D Roosevelt

Change curve: what, why, how?



It's often messy and seldom linear;

To get unstuck:

- Discern where you are now and what you need to move forward (what does support look?)
- Let your values guide you.
- Model compassion; demonstrate empathy and grace.
- Communicate³
- Be present, patient, and persistent.
- **Don't let not knowing all the steps keep you from taking the next one.**

Adapted from Elisabeth Kubler-Ross (1969)
<https://www.educational-business-articles.com/change-curve/>



YOUR Choice +/-



Stimulus

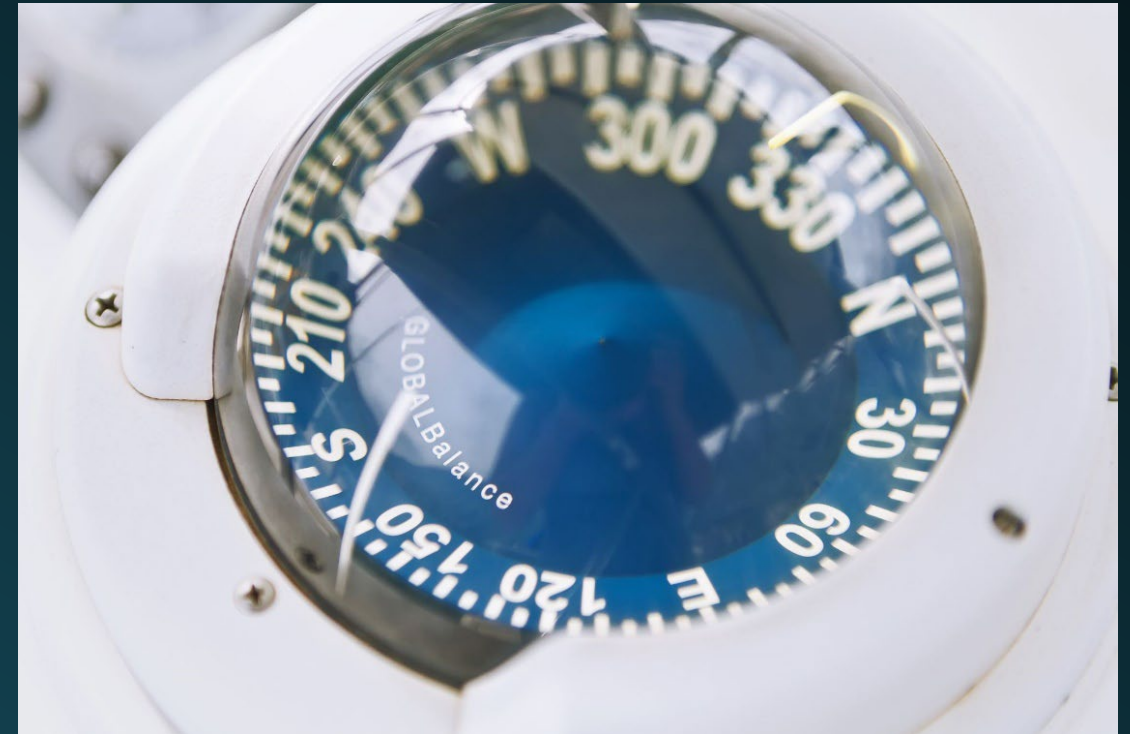


Response

Let purpose and values be your litmus test.

Stay grounded; don't forsake positive rituals

- Be guided by your true north
- Embrace your core values and beliefs
- Lean into your faith
- Practice gratitude
- Make value-based decisions
- Purposeful energy is infinite.



“If you don't stand for something, you'll fall for anything.”
- Alexander Hamilton



Focus on what's in YOUR control

YOU

Mindset

Emotions

Actions

Development

Setting boundaries

How you show up

Your energy: physical,
emotional, mental, &
Spiritual

YOUR SELF TALK

Out of your control:

The past

Other people

Weather

World events

Stock market

Genetics

Circumstances

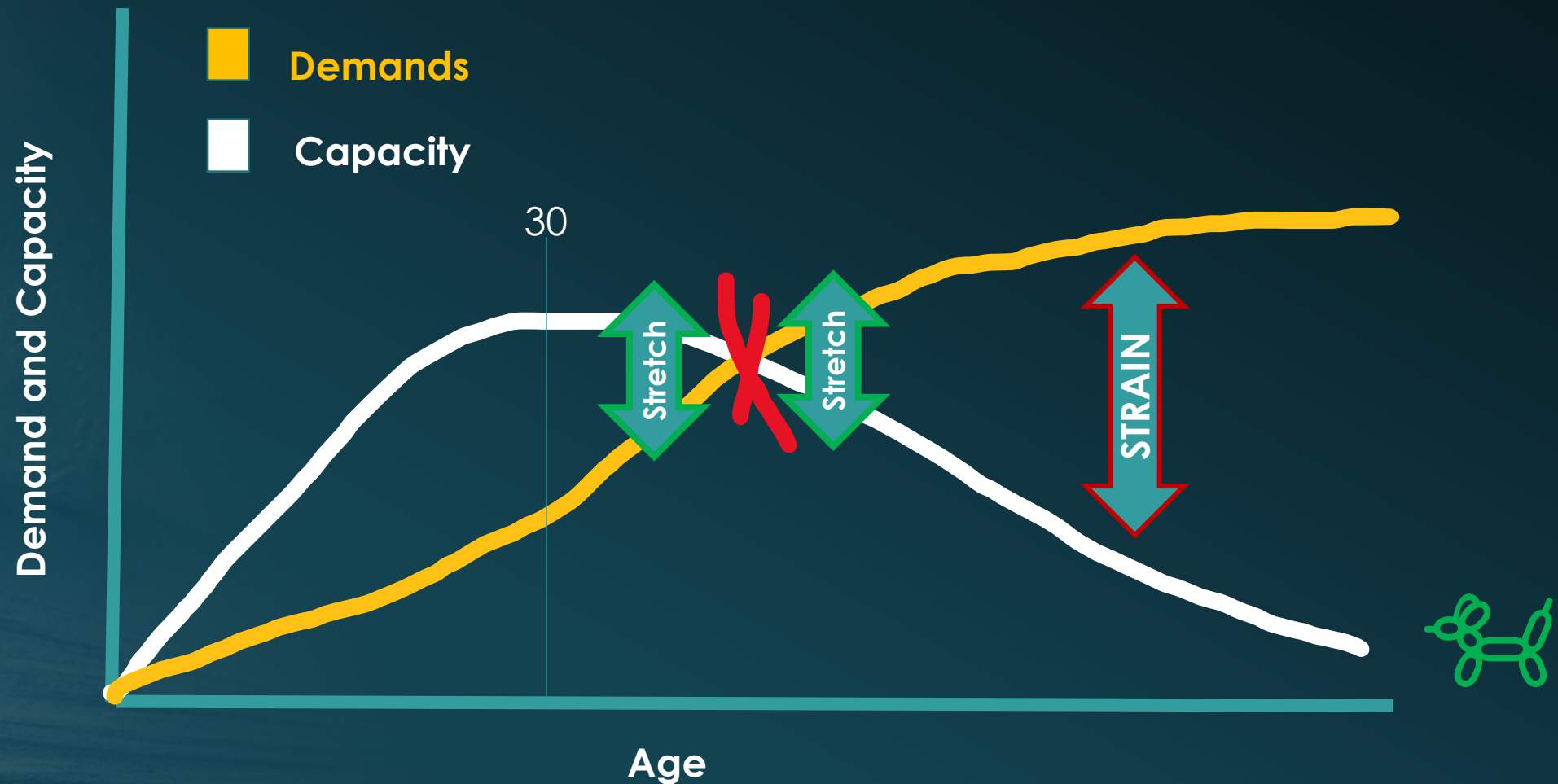
Traffic

The economy

Policies



Demand vs capacity/capability



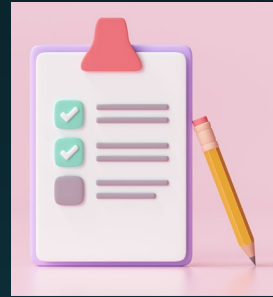
Adapted from Human Performance Institute

Energy vs time



Drains:

- Physical
- Emotional
- Mental
- Spiritual



Boosters:

- Physical
- Emotional
- Mental
- Spiritual

“Energy, not time is the fundamental currency of high performance”
- Dr. Jim Loehr



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<https://www.exerciseismedicine.org/>

Are you getting your daily dose?






Sleep



Time In



Our Epidemic of Loneliness and Isolation 2023

The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community

on our epidemic of loneliness and isolation shows us how.

1:09 / 2:00

From a national health authority

Learn how experts define health sources in a journal of the National Academy of Medicine

Surgeon General's Advisory on our Nation's Loneliness Epidemic | 5.2.2022

In response to USDA collaboration by Dr. [Name], executive director of [Organization]

created in [Organization] and Dr. Daniel Siegel, [Organization] of Medicine.

Your thoughts are the epicenter



**“Watch your thoughts,
they become your words;
watch your words, they
become your actions;
watch your actions, they
become your habits;
watch your habits, they
become your character;
watch your character, it
becomes your destiny.”**

- Lao Tzu



Consider these sentiments:

“The primary cause of unhappiness is never the situation but your thoughts about it.”

- Eckhart Tolle

“When you change your thoughts, you change your world.”

- Norman Vincent Peale

How to make stress your friend

(Kelly McGonigal, Health Psychologist)

“Changing your mind about stress can change how your body responds to stress. New research suggests that stress may only be bad for you if you believe it to be bad for you. ”



<https://www.youtube.com/watch?v=RcGyVTAoXEU>





Post traumatic growth

Refers to the positive psychological changes that may be experienced as a result of struggle. Seven attributes:

- Greater appreciation of life
- Greater appreciation and strengthening of close relationships
- Increased compassion and altruism
- The identification of new possibilities or a purpose in life
- Greater awareness and utilization of personal strengths
- Enhanced spiritual development
- Creative growth

- Richard Tedeschi and Lawrence Calhoun

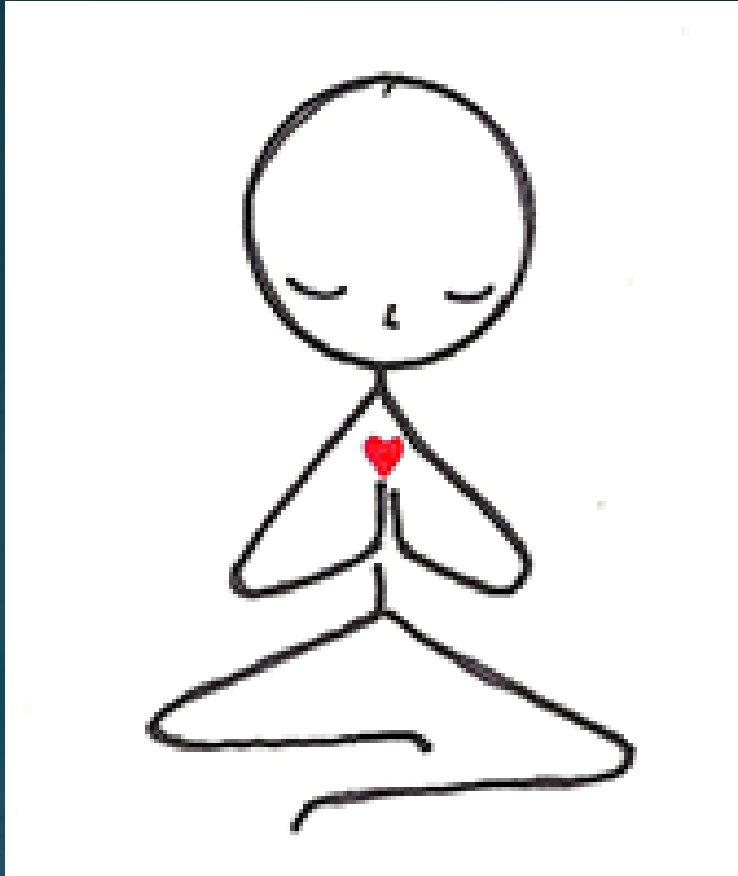
Growth vs Fixed Mindset (Dr. Carol Dweck)

Fixed Mindset: Binary Thinking (you either do/don't have capabilities)	Growth Mindset: Spectrum Thinking (you can develop capabilities)
I have to	I get to
I'll never	I haven't YET
Victim	Player
Permanent	Temporary
Internalize failure (equates with self worth)	Externalize failure (see opportunity in learning)
Disabling/Disempowering	Enabling/Empowering
Pessimistic – negative	Optimistic – self belief;
Enables Post Traumatic Stress	Enables Post Traumatic Growth

“Whether you think you can't or think you can, you're right.” – Henry Ford



Mental health benefits of self-compassion



Three components (Kristen Neff)

- Treating ourselves with kindness (like we treat our good friends)
- Recognizing the commonality of human beings. Sharing in the human experience of being imperfect.
- Mindfulness – “being what is in the present moment”

<https://www.youtube.com/watch?v=lvfZBUSplr4>



Self-compassion research demonstrates:

- **Self-criticism is from the reptilian/survival brain**; it produces cortisol and elicits a self-fulfilling prophecy of poor performance; the antidote is self compassion/others compassion.
- **Self-compassion** is treating ourselves with kindness, caring, and concern. It stems from the mammalian caregiving system **unique to mammals**.
- When we feel safe, comforted, and loved, our brain releases oxytocin and opiates (feel good hormones). This enables our optimal mindset to do our best work.

positive vs negative reinforcement



Unequivocally related to mental wellbeing

- Positively correlated with;
 - less depression, anxiety, stress, and need for perfection.
 - Increased happiness, life satisfaction, motivation, healthier choices, and our connectedness with others/interpersonal relationships.
- Self-esteem is transient while self compassion is steadfast.

Reframing “failure”

“I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps.” - Thomas Edison

“Let failure be your teacher, not your undertaker.” – Zig Ziglar

“I never lose. I either win or I learn.” – Nelson Mandela





Recapping the learning objectives:

- Explore the relationship between the following variables and your ability to navigate turbulence: **VUCA, purpose/core values, demand/capacity, pressure/performance, energy/time, mindset, circle of control, and resilience.**
- Discuss **self-compassion** with regards to “**staying whole.**”
- Provide you with **tools** so that you may successfully develop and execute an **action plan** to stay whole despite turbulence.



Ready, set, action!



What is a key takeaway or action you'll take?

an excerpt...

*The Boy, the mole,
the fox and the Horse*



Charlie Mackesy

“Is your glass half empty or half full?” asked the horse.

“I think I’m grateful to have a glass.” said the boy.

“We don’t know about tomorrow,” said the horse, “all we need is to know is that we love each other.”

“When dark clouds come ... keep going.”

“When the big things feel out of control, Focus on what’s right under your nose.”

“This storm will pass.”



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because you can't steer without a rudder

Thank you!

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Founder

