

Resilient Manager's Toolkit: 6 Weeks to Better Work, Life and Relationships

Session One: *Resiliency as a Habit* with Drs. Cindi Baldi and Geoffrey Tumlin, October 5, Noon – 1 p.m.

Session Two: *Combatting Exhaustion* with Dr. Welela Tereffe, October 12, Noon – 1 p.m.

Session Three: *Social Support* with Dr. Amy Schmisser, October 19, Noon – 1 p.m.

Session Four: *Mental Strategies* with Therapist Maxine Trent, October 26, Noon – 1 p.m.

Session Five: *The Resilient Family* with Dr. Larry Allman, November 2, Noon – 1 p.m.

Session Six: *The Resilient Organization* with Nate Self, November 9, Noon – 1 p.m.



Session Four Overview: Mental Strategies

Maxine Trent, MS, LPC-S, LMFT-S, is the Director of Staff Support for Baylor, Scott and White Healthcare. She implemented and organized a systemwide peer support counseling network at Baylor, Scott and White Healthcare with hundreds of certified peer counselors who have collectively provided support for thousands of healthcare workers. She holds a Master of Science from Texas A&M University, and she has seen patients for over three decades.



Cindi Baldi, PhD, MBA, MS, is the founder and CEO of management science firm Culsure and is the host of the *Management Muse* podcast. Her email is cbaldi@culsure.com.

Geoffrey Tumlin, PhD, MA, is the president of On-Demand Leadership, and is the author of *Stop Talking, Start Communicating*, published internationally by McGraw-Hill.

Learning Objective One: Practice scientifically proven techniques to de-escalate internal stress responses via ACT

- ▶ De-escalate internal stress responses with ACT (Acceptance and Commitment Therapy):
 1. Stay in the moment
 2. No judgment
 3. Find a center and return to it

Learning Objective Two: Prepare the most versatile and effective coping mechanisms to increase resiliency

- ▶ Go-To Mental Strategies to Boost Resilience:
 1. Relaxation
 2. Cognitive Unwinding
 3. Name-Tame-Reframe
- ▶ Mental + Physical Techniques:
 1. Champion's pose; shaking it out; crossover exercise
 2. Mindful walking, gardening, swimming, biking
 3. Eyebrow wiggling, yawning, smiling
- ▶ 1242-1250 Other Strategies to Try:
 1. Music therapy
 2. Eye Movement Desensitization and Reprocessing (EMDR)
 3. Connect with an animal

Action Steps/Homework:

1. Experiment with a new resilience/stress management technique; try something different
2. Consider a daily recentering practice to build your emotional reserves

Further Reading:

1. *Emotional Agility*, by Susan David, Avery, 2016.
2. *Full Catastrophe Living*, by Jon Kabat-Zinn, Random House, 2013.



Next Session: The Resilient Family with Dr. Larry Allman, November 2, Noon – 1 p.m.

We all want resilient, adaptable families that can rise to challenges. To help us understand best practices and tools for building families that bend but don't break, join us on November 2 for an hour with an icon in the field of family therapy, Dr. Larry Allman, to learn immediately usable strategies for building more resilient families.