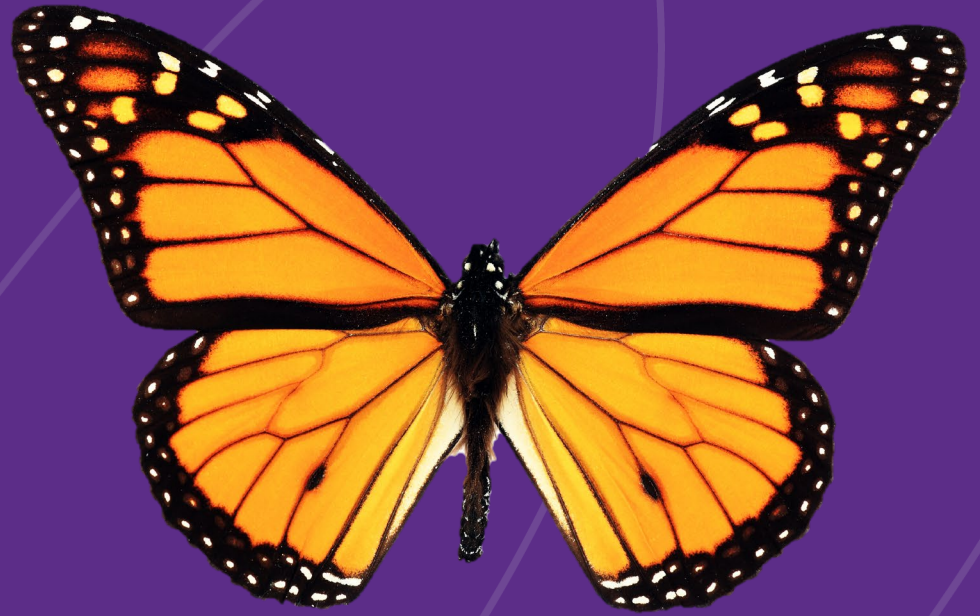




**GUIDED
RESILIENCE**



GUIDED RESILIENCE

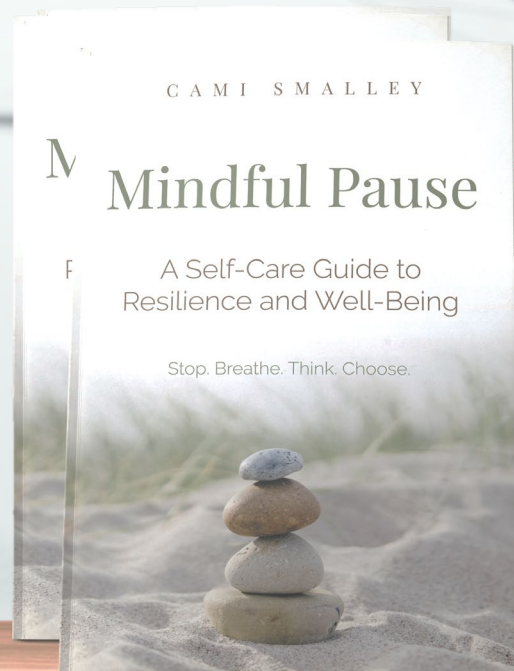
A Mindful Pause for personal and professional well-being.



Owner, Bayfield Center for Well-Being

Founder: Guided Resilience

Practice: Professional Coach, HeartMath®
Resilience Trainer, Mindfulness & Yoga Instructor



THE MINDFUL PAUSE PATH...

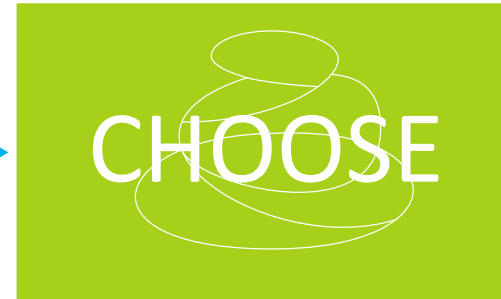
- PRIORITIZE SELF-CARE
- EXPLORE RESILIENCE
- **HOLISTIC WELL-BEING**
- **PERSONAL STRESS WARNING SIGNALS**
- SHIFT HAPPENS



- **SELF-REGULATION**
- MINDFUL PAUSE
- **ENTER THE LABORATORY OF YOU!**



- **VALUES IN ACTION (STRENGTHS)**
- **THE POWER OF POSITIVE EMOTIONS**
- TRAPS, NUGGETS, TAKE-AWAYS



- **8 MIND-BODY PRACTICES**
- **ENCOURAGEMENT TO SEEK SUPPORT**





**GUIDED
RESILIENCE**

STOP



Tell me, what is it you plan to do with your one wild and precious life? – Mary Oliver

Why Stop?



Brief Resilience Scale

Brief Resilience Scale (BRS)

Please respond to each item by marking <u>one box per row</u>		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
BRS 2	I have a hard time making it through stressful events.	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
BRS 3	It does not take me long to recover from a stressful event.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
BRS 4	It is hard for me to snap back when something bad happens.	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
BRS 5	I usually come through difficult times with little trouble.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
BRS 6	I tend to take a long time to get over set-backs in my life.	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

Scoring: Add the responses varying from 1-5 for all six items giving a range from 6-30. Divide the total sum by the total number of questions answered.

My score: _____ item average / 6



Score

According to the authors of the BRS, scores can be interpreted as follows [Smith et al., 2013, p.177]:

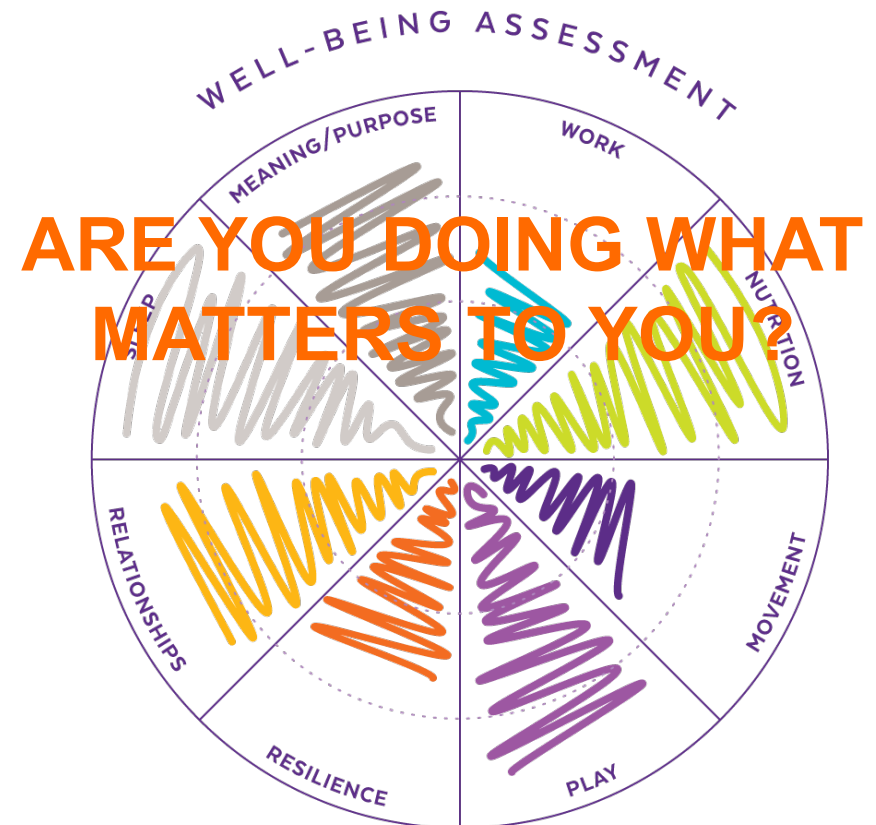
BRS score	Interpretation
1.00-2.99	Low resilience
3.00-4.30	Normal resilience
4.31-5.00	High resilience

ARE YOU RESILIENT TO A FAULT?



Awareness of Your Holistic Well-being

**What do you see...
when you look at your wheel?**



How do you
know when
to STOP?



www.guidedresilience.com



This Photo by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/4.0/)

Know Your Stress Warning Signals

PHYSICAL SYMPTOMS

Headaches
Indigestion
Stomachaches
Sweaty palms
Sleep difficulties
Dizziness

Back pain
Tight neck, shoulders
Racing Heart
Restlessness
Tiredness
Ringing in ears

BEHAVIORAL SYMPTOMS

Excess smoking
Bossiness
Compulsive gum chewing
Attitude critical of others
done

Grinding of teeth
Overuse of alcohol
Compulsive eating
Inability to get things

SPIRITUAL SYMPTOMS

Emptiness
Doubt
Cynicism
Martyrdom

Loss of meaning
Unforgiving
Apathy
Loss of Direction

EMOTIONAL SYMPTOMS

Crying Overwhelming pressure
Nervousness, anxiety
Boredom – no meaning to things
Edginess – ready to explode
Feeling powerless to change things

Anger
Loneliness
Unhappiness
Easily upset

COGNITIVE SYMPTOMS

Trouble thinking clearly
Thoughts of running away
Lack of creativity
Memory

Inability to make decisions
Forgetfulness
Constant worry
Loss of sense of humor

RELATIONAL SYMPTOMS

Isolation
Resentment
Lashing out
Clamming up
Nagging

Intolerance
Loneliness
Hiding
Lowered Sex Drive
Distrust



Story of the Monarch

- *“Inside each of us there is a marvelous compass which greatly favors life, freedom and vitality.” — Bryant McGill*





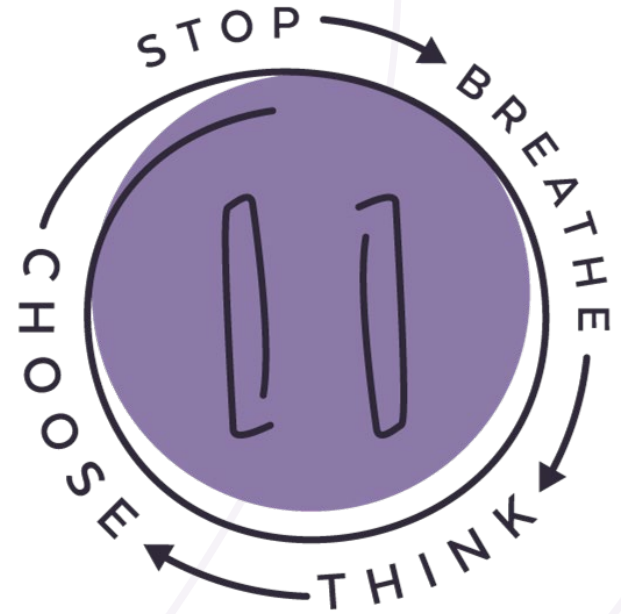
Mindful Pause brings you in touch
with your inner compass.



**GUIDED
RESILIENCE**

Breathe

The quieter you become,
the more you hear. – Ram Dass



Raise your hand if you ever feel....?



- ☒ Frustration
- ☒ Disappointment
- ☒ Devastation
- ☒ Impatience
- ☒ Vigilance
- ☒ Overwhelm



Consider the content of your day... pg. 68

With the complexity of life today, our energy is under constant siege, making self-regulation of our emotions a necessary skill set for performance and sustainability.

Resilience

- The capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity.
- *You can learn to build your resilience capacity and sustain your energy.*



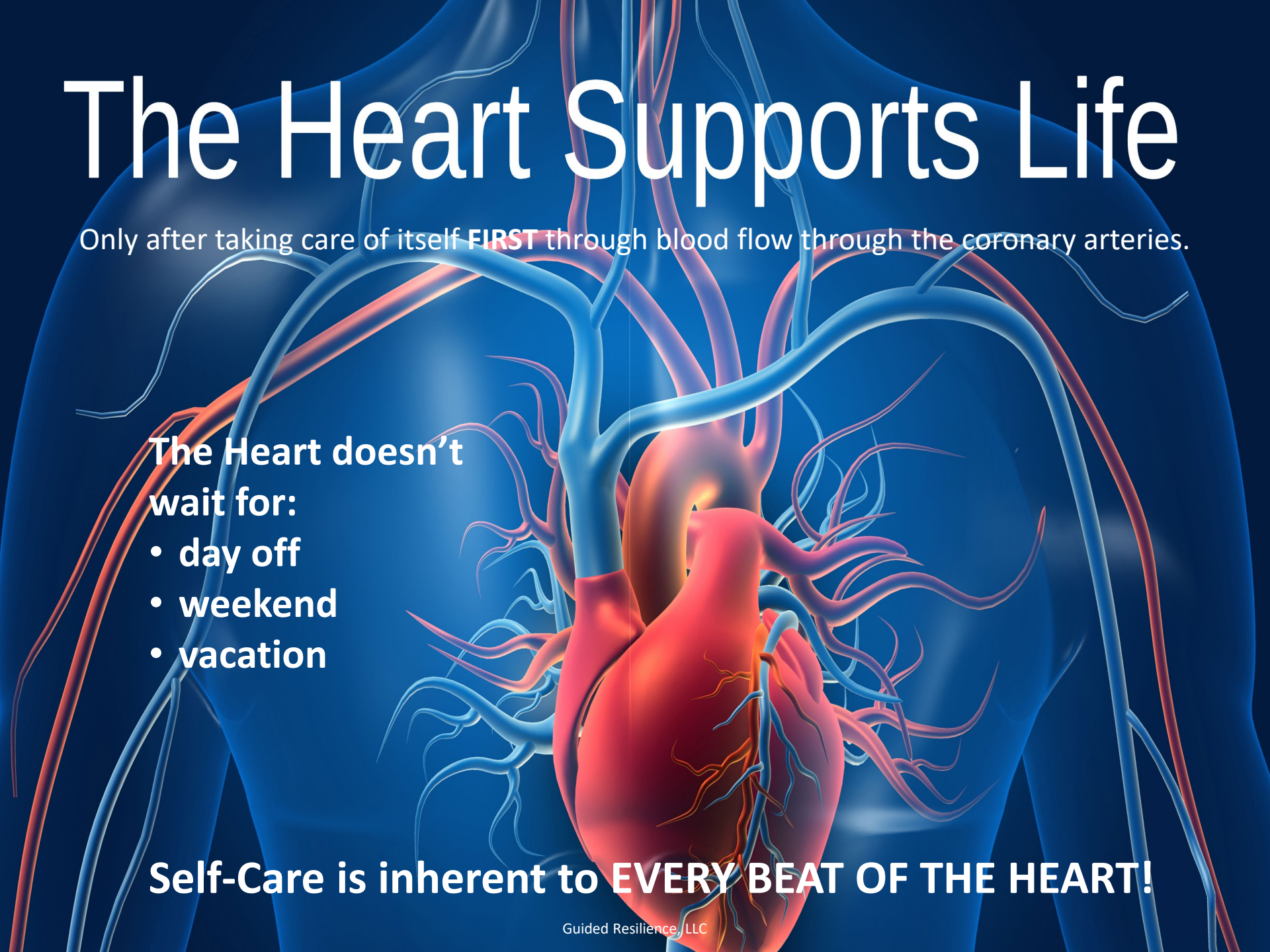
Pay attention to how you feel...



Emotional Soundtracks



The Heart Supports Life

An anatomical illustration of a human heart and its coronary arteries. The heart is shown in a realistic red color, with a network of blue and red arteries branching out across the chest. The background is a semi-transparent blue silhouette of a human torso, emphasizing the heart's central role in the body.

Only after taking care of itself **FIRST** through blood flow through the coronary arteries.

**The Heart doesn't
wait for:**

- day off
- weekend
- vacation

Self-Care is inherent to EVERY BEAT OF THE HEART!

Train Coherence

Inner peace...Stability...Harmony...Balance...Ease...Flow

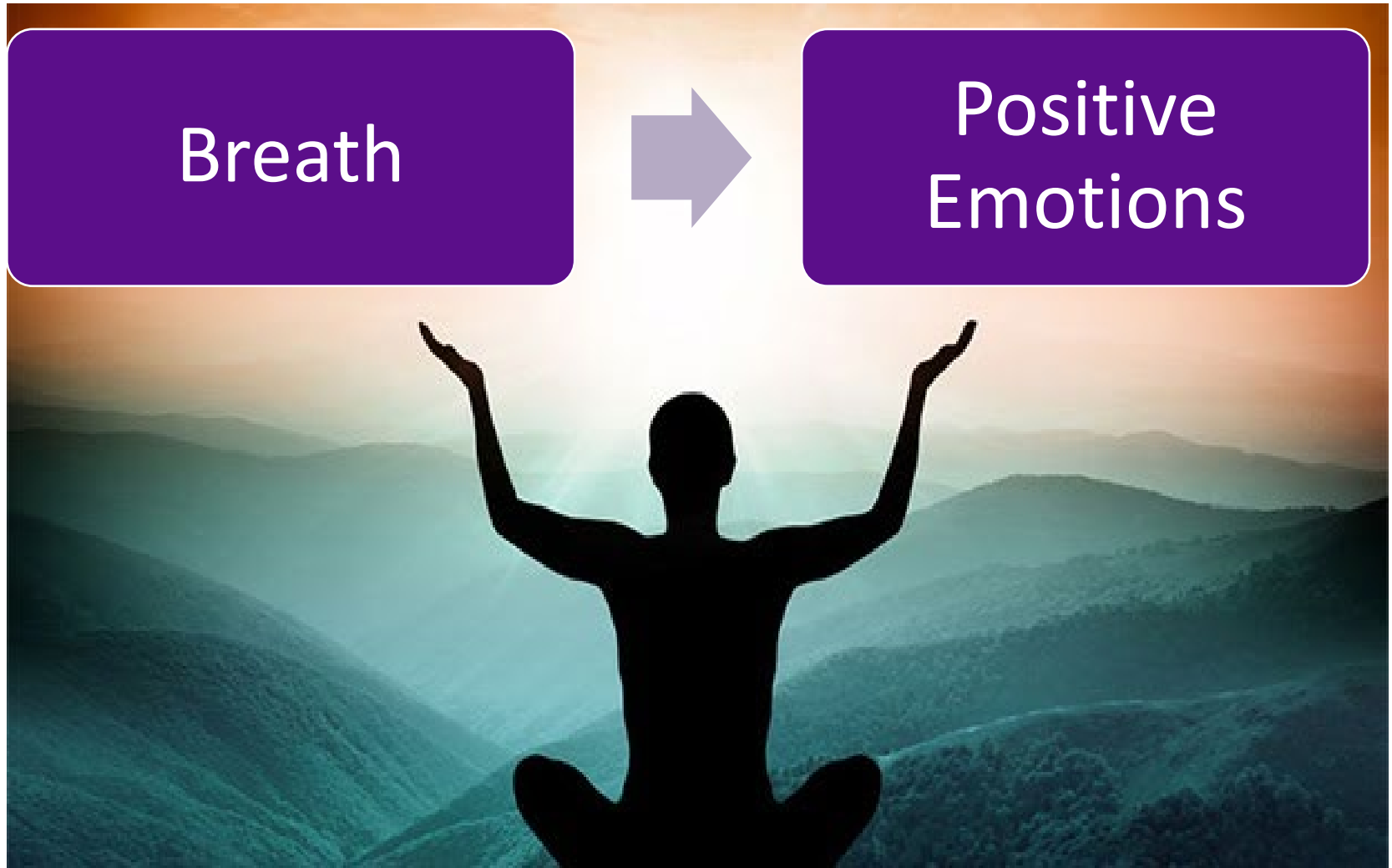


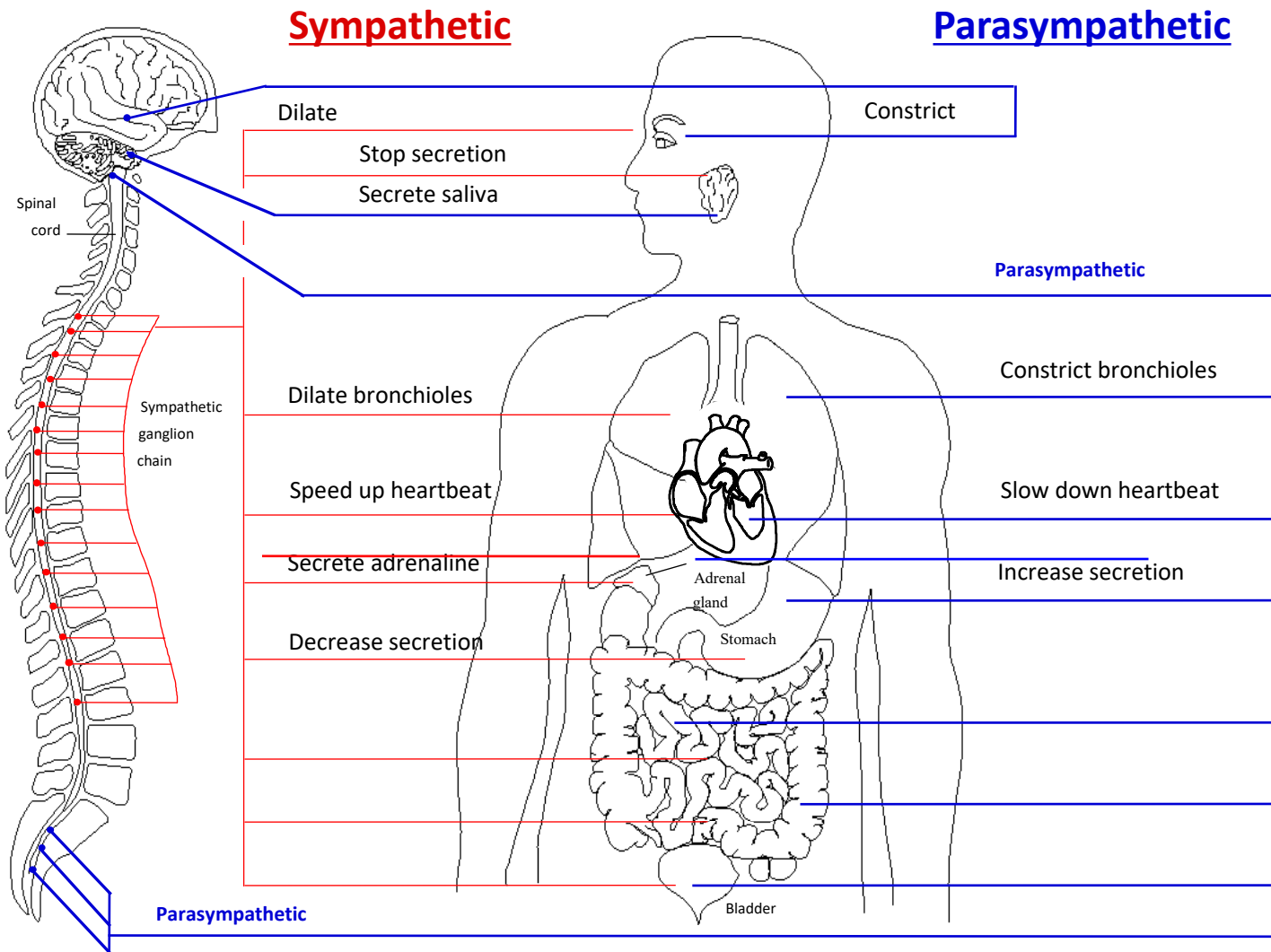
An optimal state in which the heart, mind and emotions are aligned and in sync.

Physiologically, the immune, hormonal and nervous systems function in a state of energetic coordination.

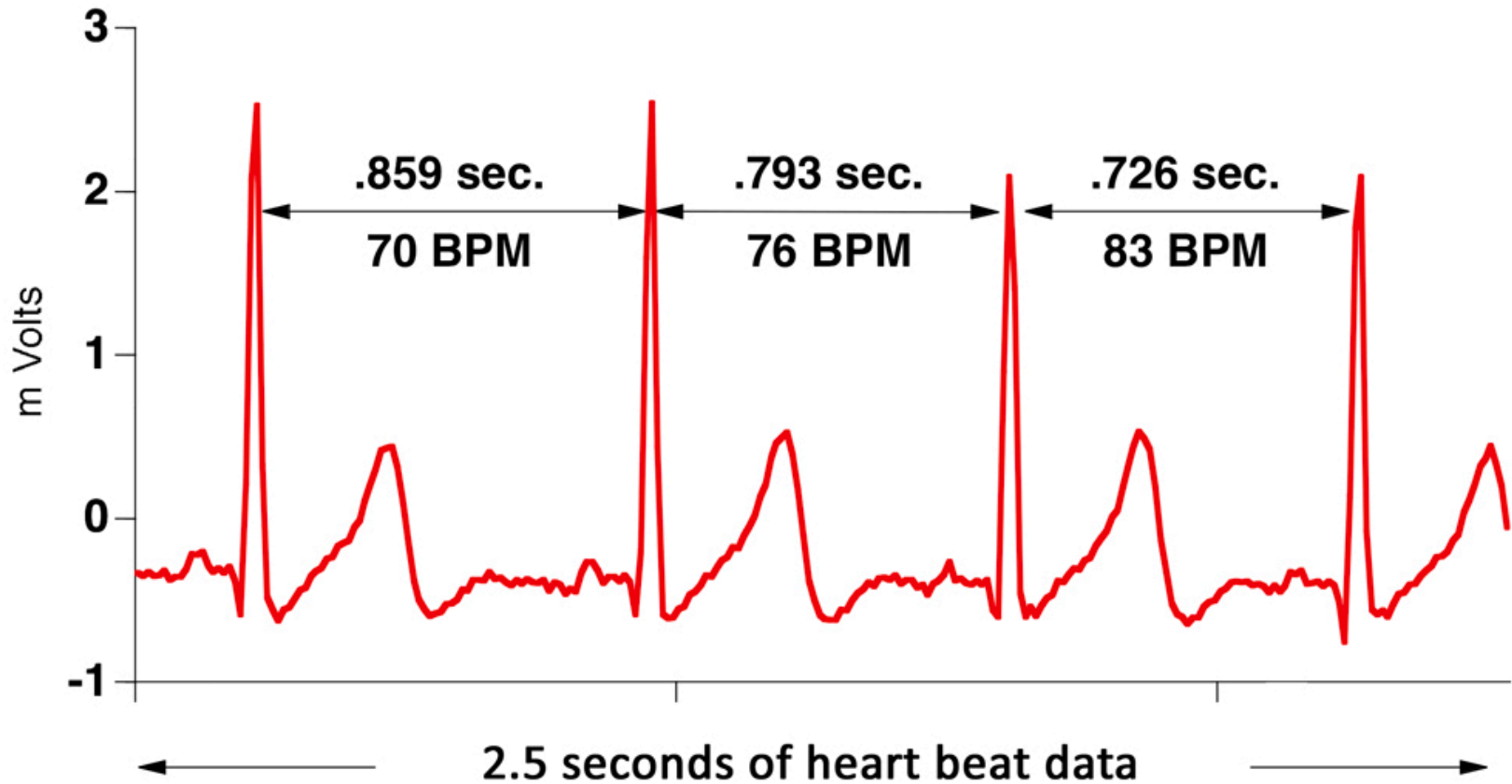


Coherence is achieved through two things:

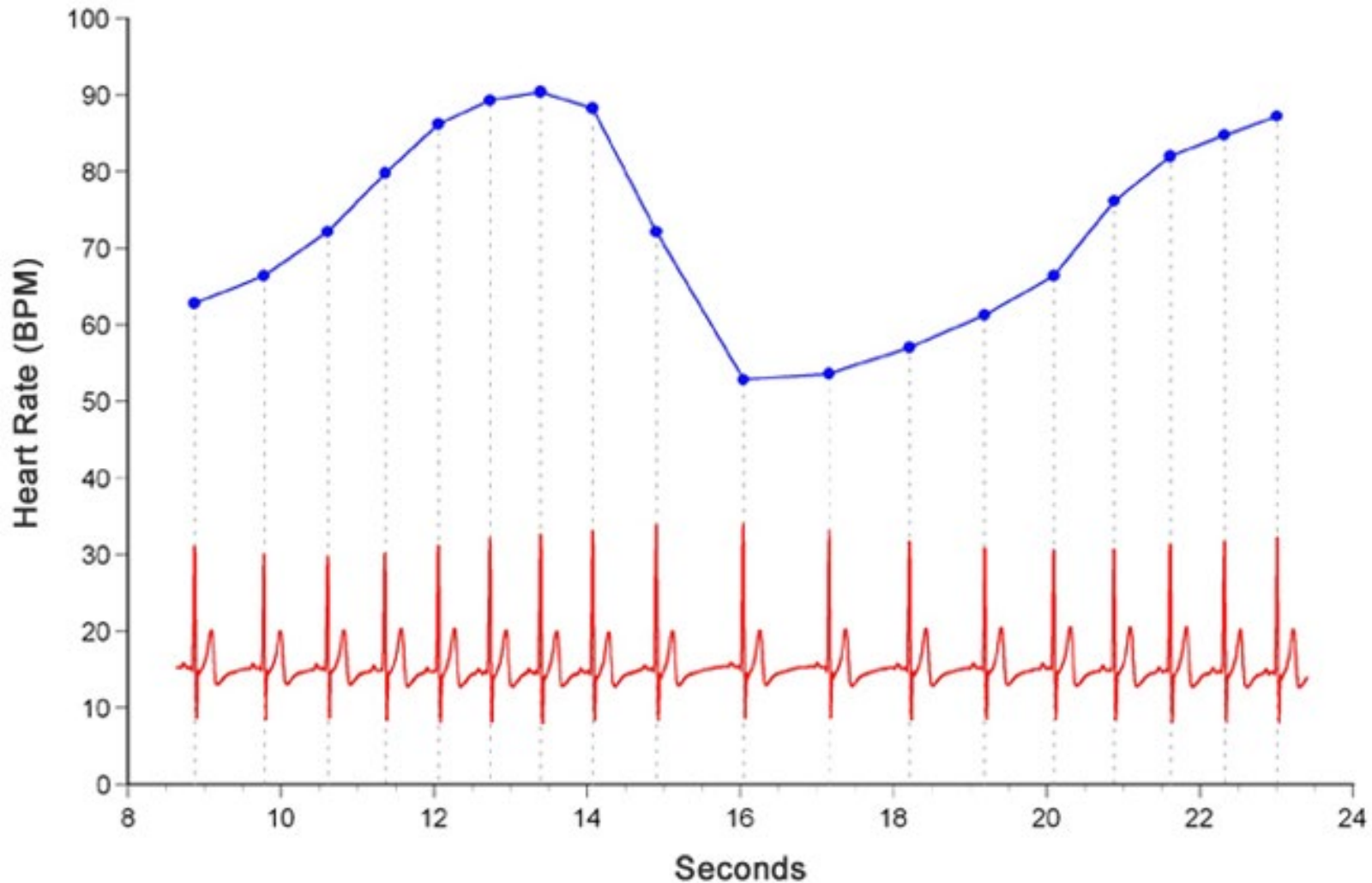




Heart Rate Variability (HRV)

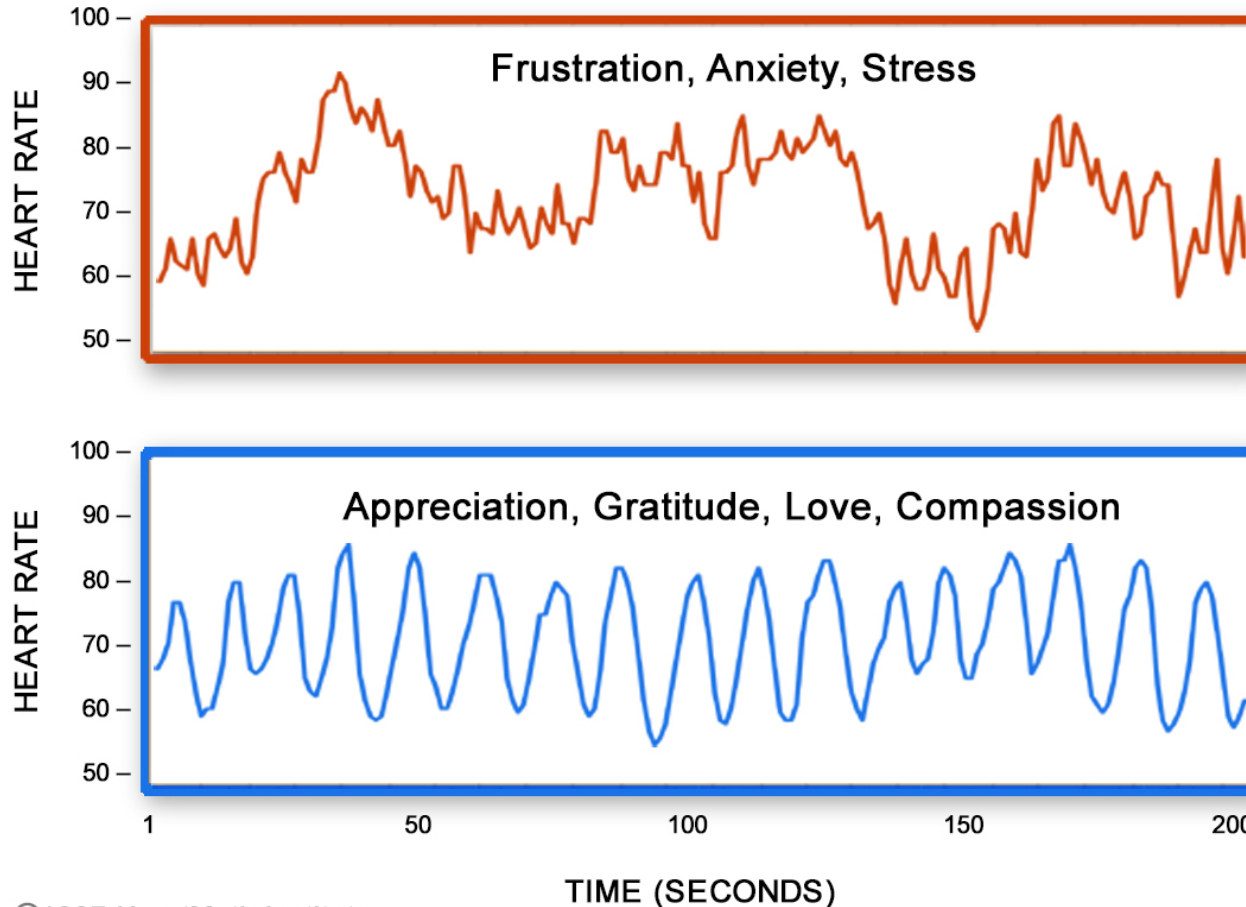


Heart Rhythm Patterns Emerge



Emotions and Heart Rhythm Patterns

Heart Rhythms (Heart Rate Variability)



Incoherent
heart rhythm
pattern

Inhibits
Brain Function,
Impairs
performance
and amplifies
energy drain
(Frustration)

Coherent
heart rhythm
pattern

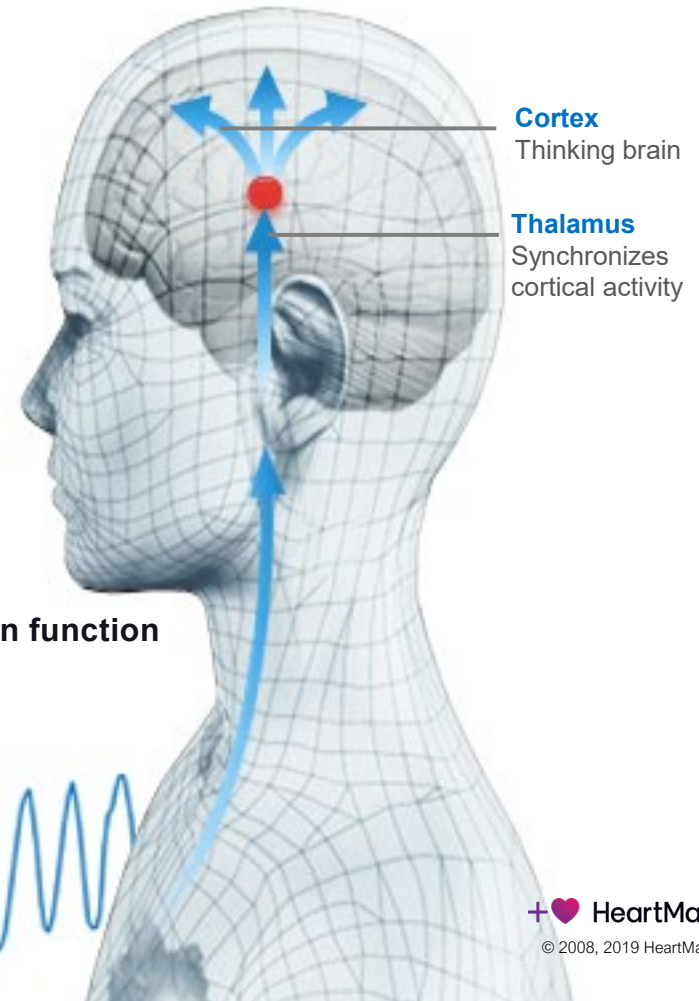
Facilitates
Brain Function,
Promotes
optimal
performance, &
builds resilience
(Appreciation)



Heart Rhythms

Affect Physical and Mental Performance

Heart rhythms directly affect brain centers involved in foresight, decision-making, social awareness, and our ability to self-regulate.

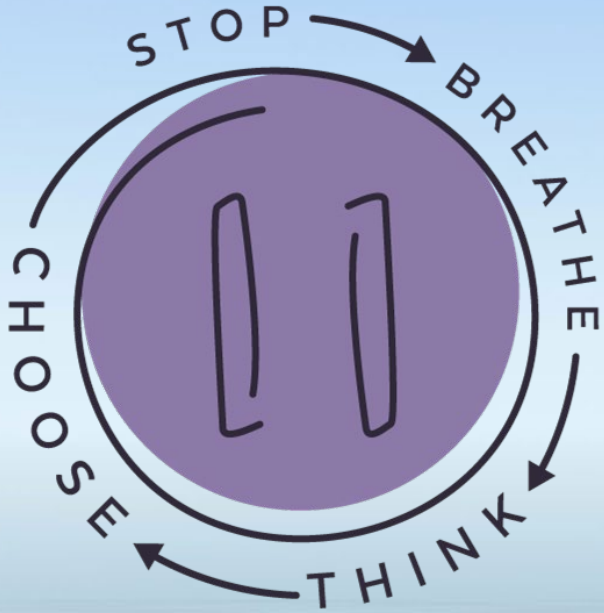


Incoherence inhibits brain function

Coherence facilitates brain function



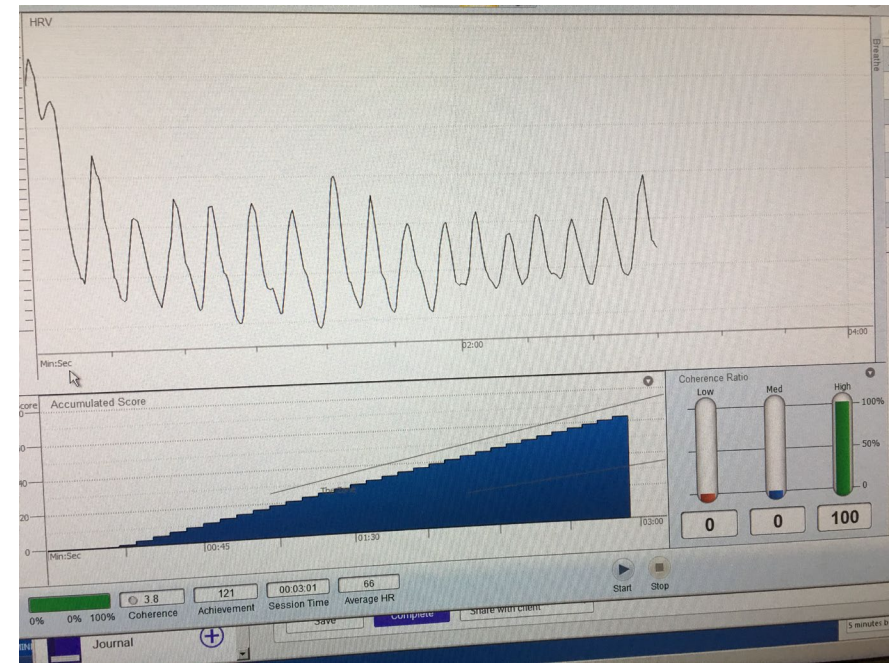
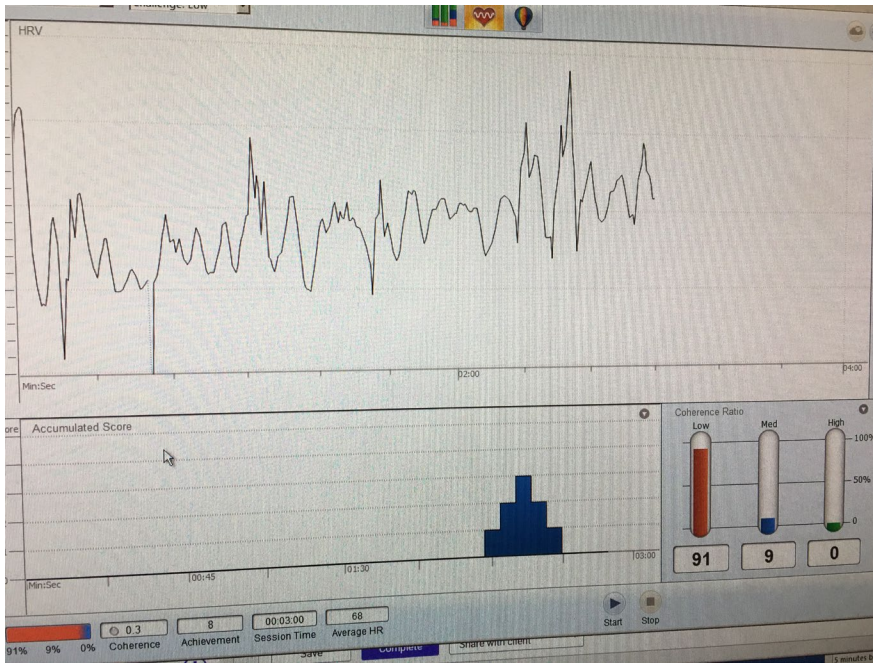
Mindful Pause for Meditation



Mindful Pause for in-the-moment mindfulness



Two Months of guided resilience...



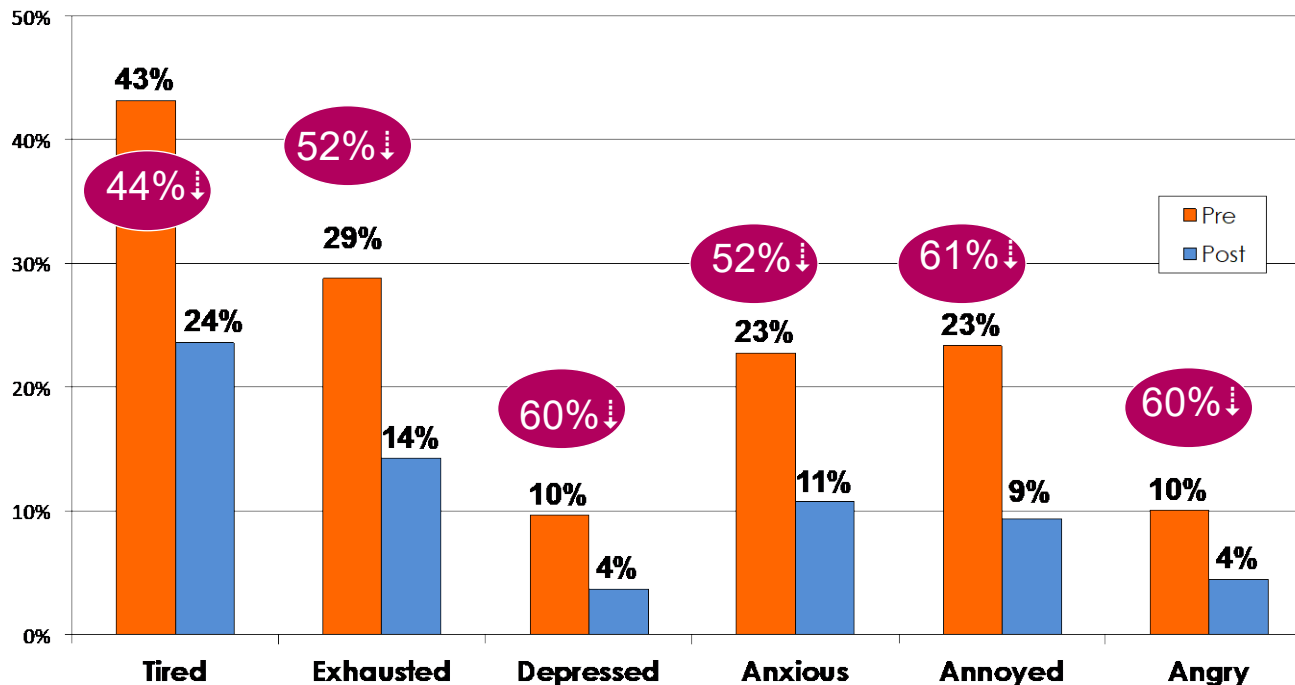
Equally True



Improvements in Mental & Emotional Well-Being

Before and six weeks after HeartMath Training

(N=5692)
(33 Organizations)



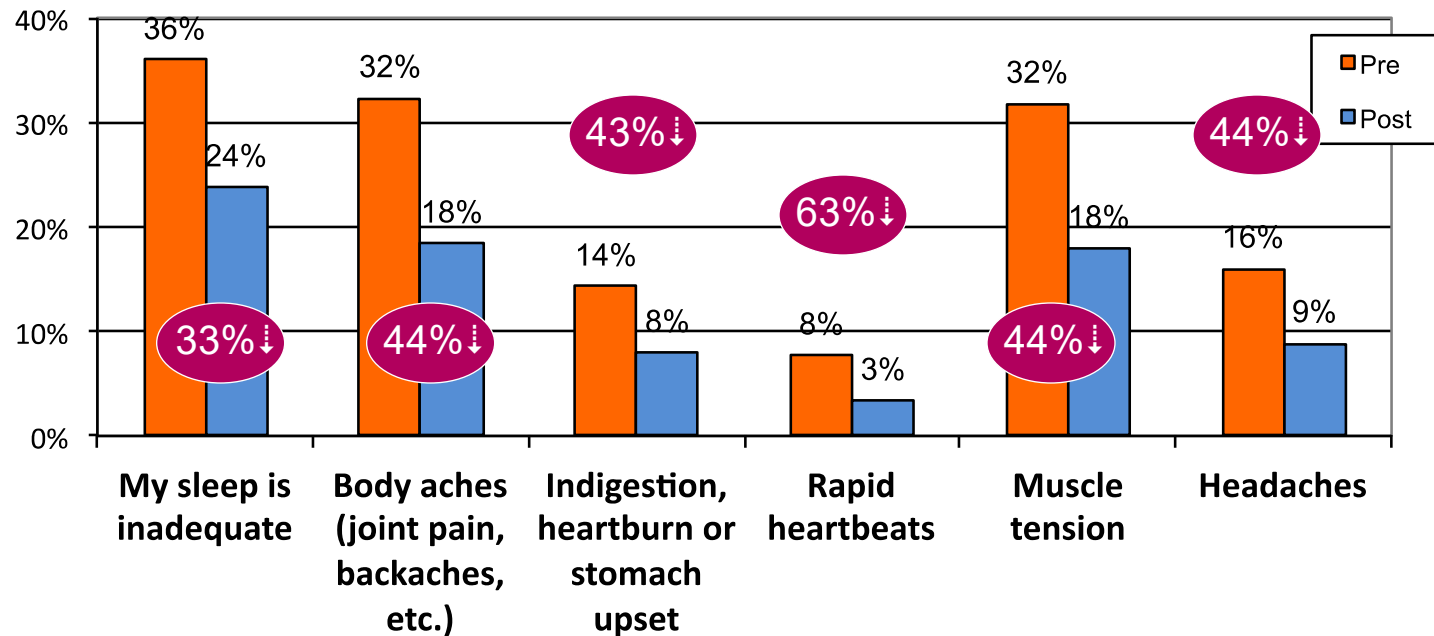
Percentage of individuals responding often or always



Improvements in Physical Symptoms of Stress

Before and six weeks after HeartMath Training

(N=5692)
(33 Organizations)



Percentage of individuals responding often or always



Building Personal and Professional Resources of Resilience and Agility in the Healthcare Workplace

Teresa Britt Pipe^{*†}, Vicki L. Buchda, Susan Launder, Barb Hudak, Lynne Hulvey, Katherine E. Karns & Debra Pendergast

Nursing Administration, Mayo Clinic Hospital, Phoenix, AZ, USA

Building Resilience

T. B. Pipe et al.

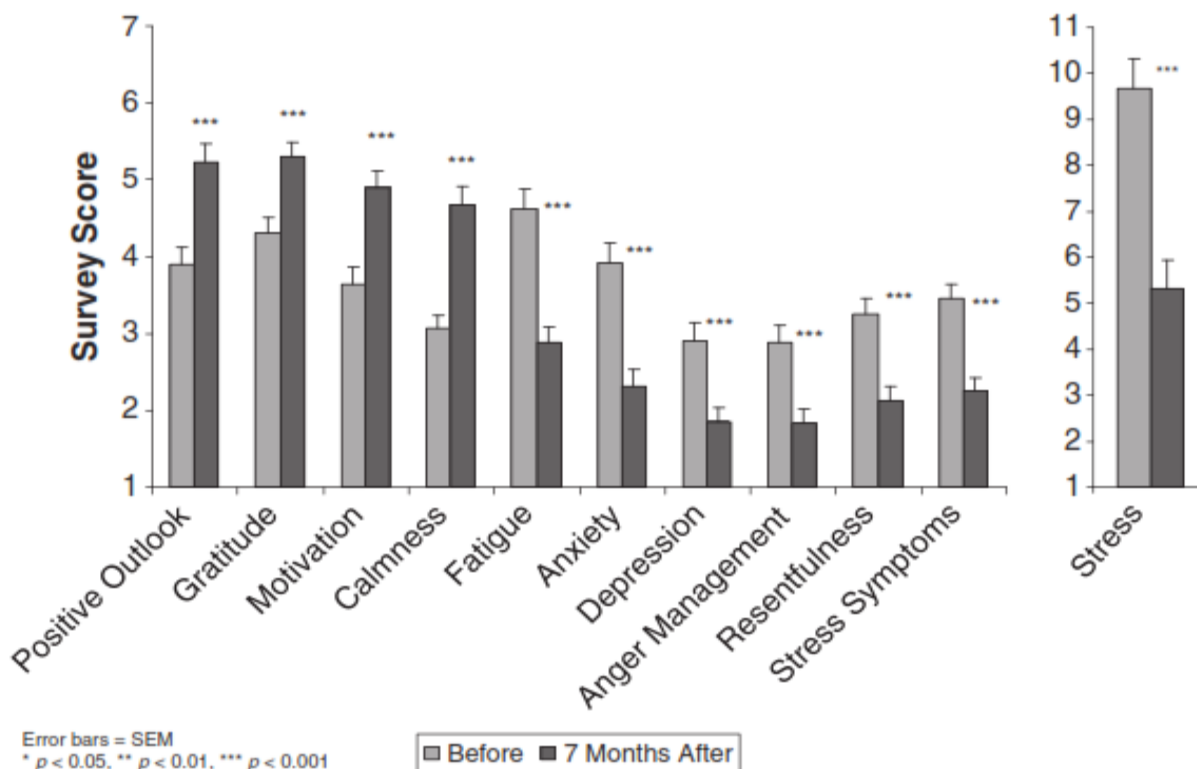
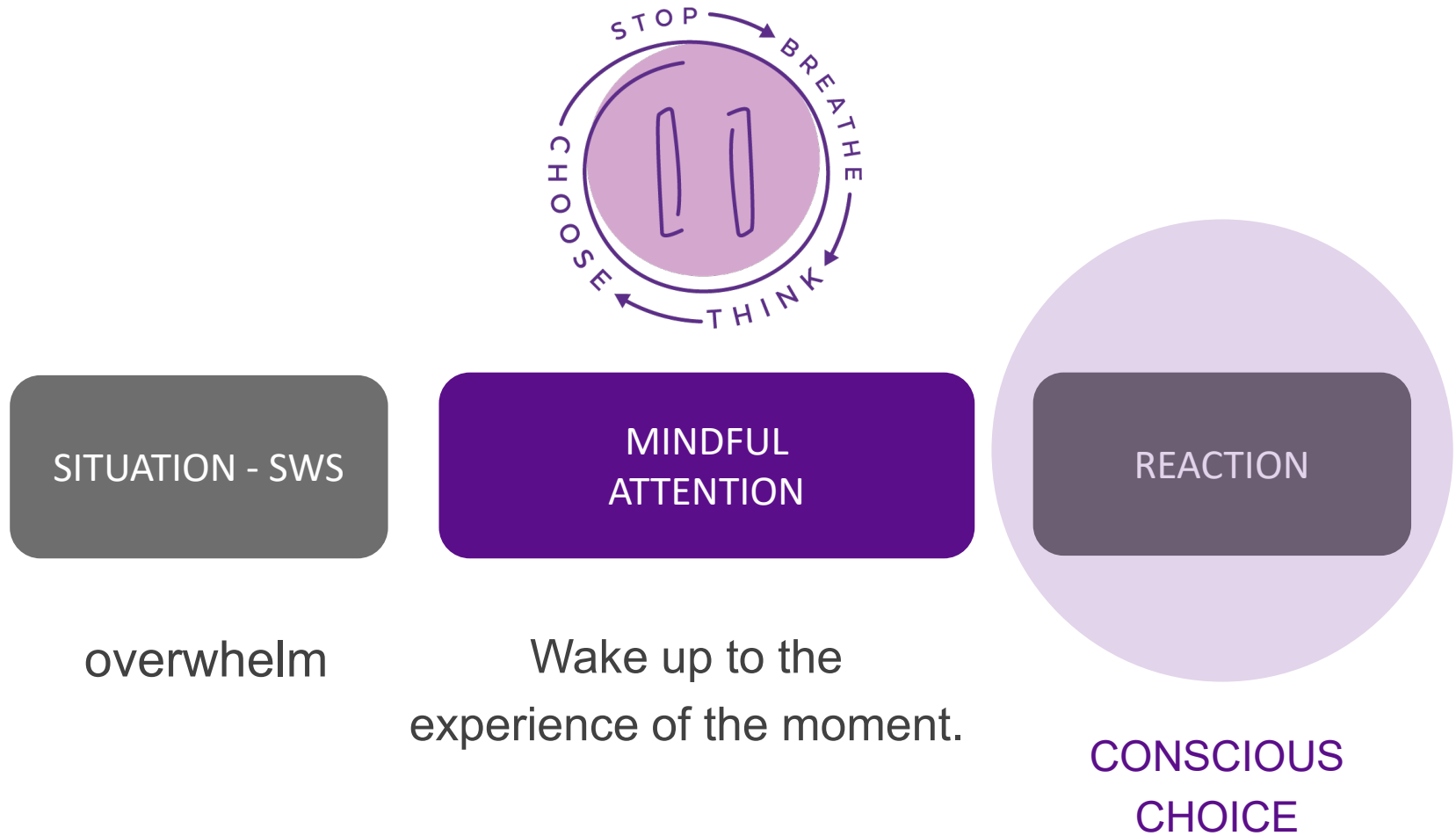


Figure 1 Oncology staff group, Personal and Organizational Quality Assessment-Revised matched pairs, baseline and 7-month post-intervention. Personal indicators of stress

Mindful Attention



Self-Determination Theory

COMPETENCE

- Need to gain mastery of their own lives & environment.

AUTONOMY

- Need to feel in control of their life, behaviors and goals.
CHOICE.

RELATEDNESS

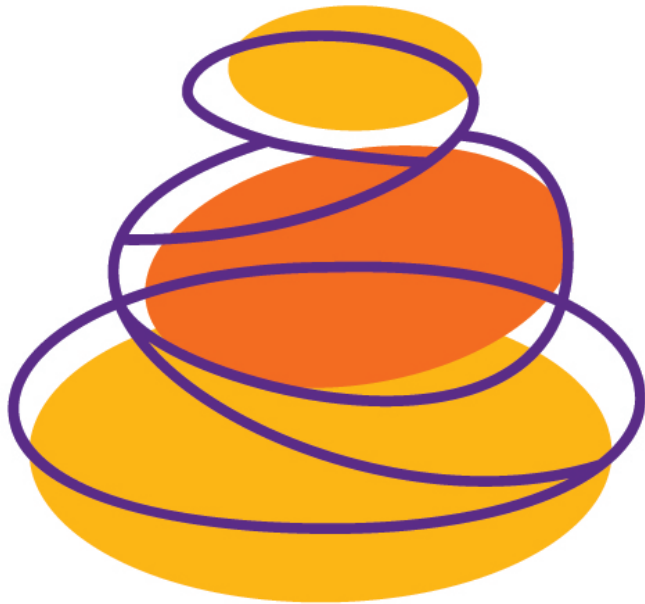
- Need to experience a sense of belonging and connection with other people.

Deci, Edward, L., and Richard M. Ryan. 2008. "Facilitating Optimal Motivation and Psychological Well-Being Across Life's Domains." *Canadian Psychology* 14-23.



Mindful Pause:

4-Simple steps for mindfulness & self-regulation



TAKE A MINDFUL PAUSE:

STOP *and prioritize self-care*

BREATHE *to connect body and mind*

THINK *with a restorative mindset*

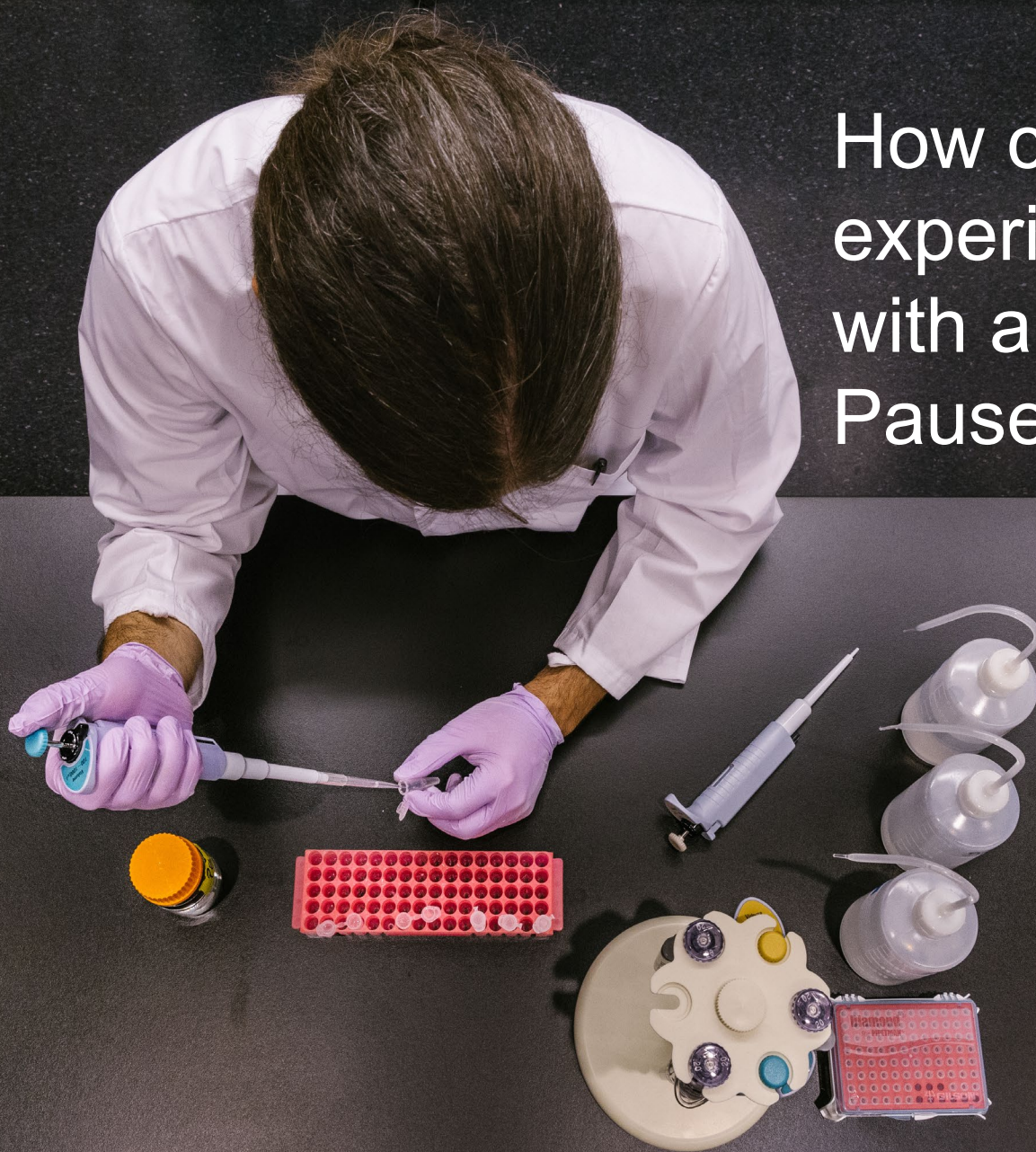
CHOOSE *to align with purpose*

LEARN MORE AT [GUIDEDRESILIENCE.COM](https://www.guidedresilience.com)

Bringing you gently to your heart for guidance and action.



How could you
experiment
with a Mindful
Pause?





**GUIDED
RESILIENCE**



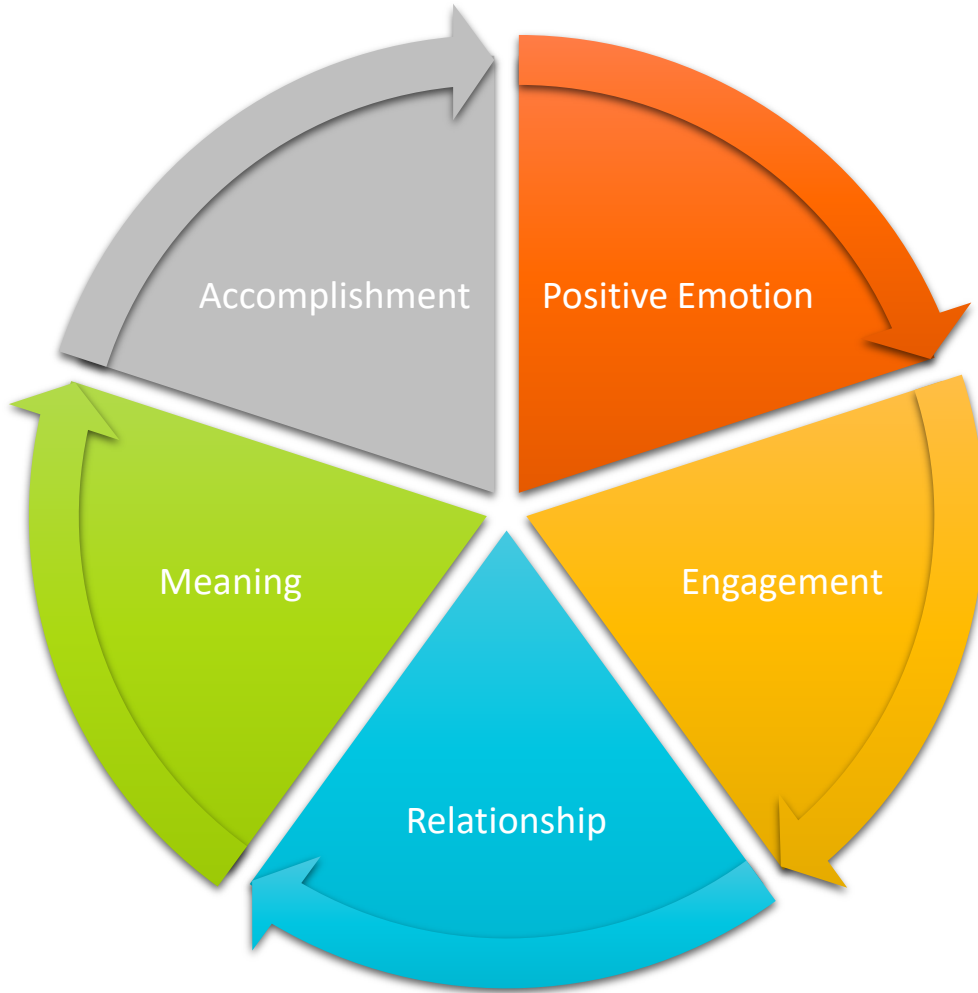
Think

***I can't change the direction of the
wind...but I can adjust my sails. –
Jimmy Dean***

Make SHIFT Happen!

Why is Positivity Important?

Wellbeing PERMA model

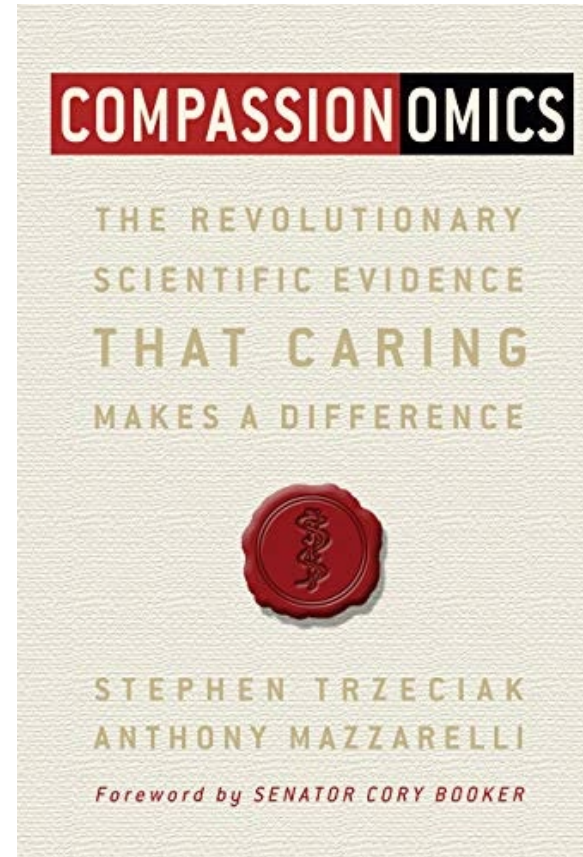
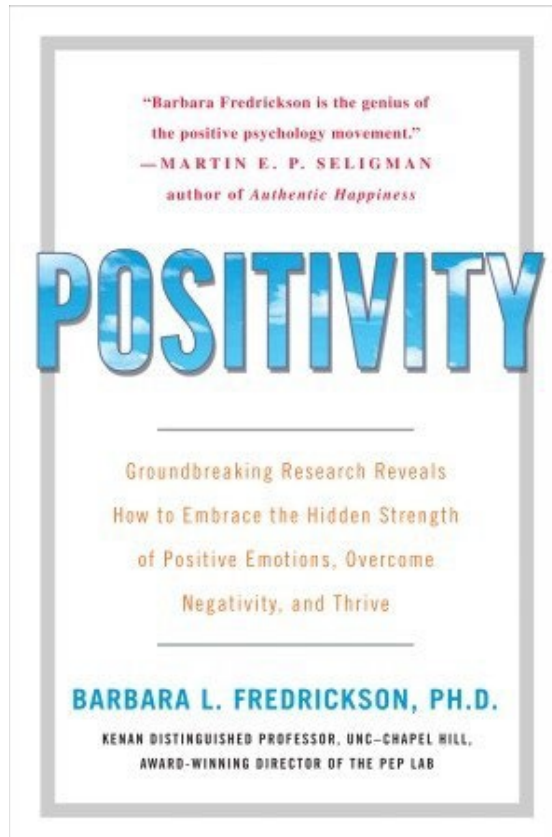


Seligman, Martin E. P. 2011. *Flourish*. New York: Free Press.





The Power of Positive Emotions



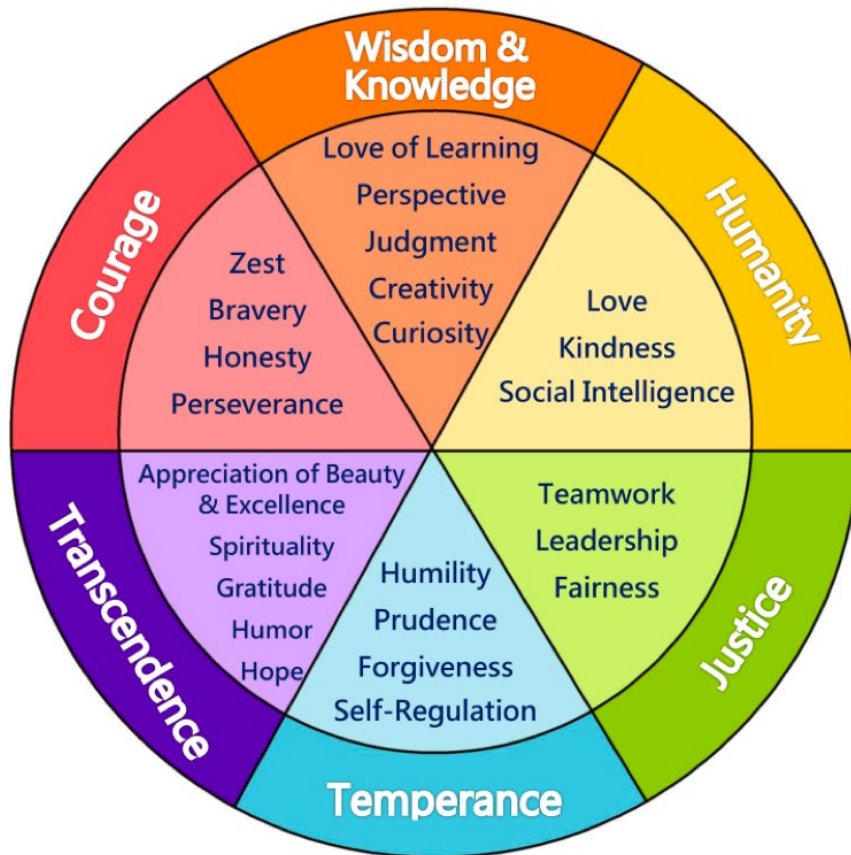
Dr. Stephen Trzeciak says it only takes 40 seconds of compassion to improve patient outcomes and alleviate doctor burnout.





Work With Your Strengths

<https://www.viacharacter.org/survey/account/register>



You cannot be anything you want to be...

but you can be a lot more of who you already are.

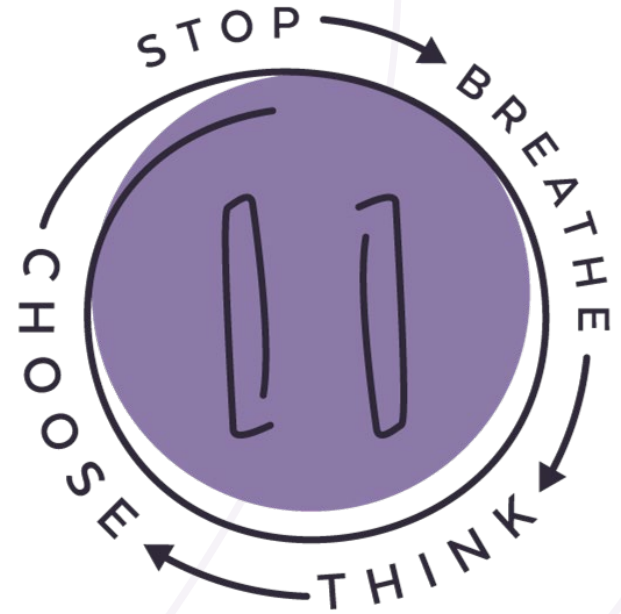
—Tom Rath, *Strengths Finder 2.0*





**GUIDED
RESILIENCE**

Choose



*In the long run, we shape our lives, and we shape ourselves.
The process never ends until we die. And the choices we make
are ultimately our own responsibility. -Eleanor Roosevelt*



Let's take a Mindful Pause...

WHAT IS ONE ACT OF SELF-
CARE THAT I CAN **CHOOSE**
TO WELCOME INTO MY LIFE?

PERSONALLY?

PROFESSIONALLY?

Foundational Path & Practice: Mindful Pause



Learn it. Live it. Share it.

You are worth your best effort!

SUPER MONARCH SPECIAL!

*Visit my table to learn how to invest
in your well-being.*



Explore the Mindful Pause Path...

Text “Coach Cami” to 22828



Mindful Pause Retreat



Take the Mindful Pause Challenge



Wellness Coaching



Beginning Mindfulness Course



Join Coach Cami on retreat

- Wild Rice Retreat
- Bayfield, WI

November Retreat

SOLD OUT

February 2026

TBD – share email if interested





Begin your
path to vitality
today...

THE GUIDED
RESILIENCE WAY!



**GUIDED
RESILIENCE**

Mindful Pause References

- American Mindfulness Research Association. 2019. *Resources*. Accessed June 30, 2019. www.goamra.org.
- American Psychological Association. 2015. *Stress in America: Paying with our health*. February 4. Accessed June 30, 2019. <https://www.apa.org/news/press/releases/stress/2014/stress-report.pdf>.
- American Psychological Association. 2017. "Stress in America: The State of Our Nation". November 1. Accessed June 30, 2019. www.stressinsamerica.org
- Baard, Paul, P., Edward L. Deci, and Richard M. Ryan. 2004. "Intrinsic Need Satisfaction: A motivational basis of performance and well-being in two work settings." *Journal of Applied Social Psychology* 2045-2068.
- Benson, H. 1975. *The Relaxation Response*. New York: William Morrow.
- Berrigan, David, Kevin Dodd, Richard P Troiano, Susan M Krebs-Smith, and Rachel B Barbash. 2003. "Patterns of health behavior in U.S. adults." *Preventive Medicine* (Elsevier) 36 (5): 615-623.
- Berutea, Beatrice. 2004. *Radical Optimism: Practical spirituality in an uncertain world*. Boulder: Sentient Publications.
- Bourgeault, Cynthia. 2004. *Centering Prayer and Inner Awakening*. Lanham: Cowley Publications.
- Brown, Stuart. 2010. *Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul*. New York: Penguin Publishing Group.
- Calhoun, Lawrence G., and Richard G. Tedeschi. 2014. *Handbook of Posttraumatic Growth: Research and Practice*. New York: Psychology Press.
- Chodron, Pema. 1994. *Start Where You Are*. Boston: Shambhala Publications.
- David, Susan. 2016. *Emotional Agility: Get unstuck, embrace change, and thrive in work and life*. New York: Avery.
- Davidson, Richard J., and Sharon Begley. 2013. *The Emotional Life of Your Brain: how its unique patterns affect the way you think, feel, and live-and how you can change them*. New York: Penguin Group.
- Deci, Edward, L., and Richard M. Ryan. 2008. "Facilitating Optimal Motivation and Psychological Well-Being Across Life's Domains." *Canadian Psychology* 14-23.



Mindful Pause References

- Dweck, C. 1999. *Self-theories: Their role in motivation, personality, and development*. New York: Psychology Press.
- Dyer, Kirsti A. 2002. *A Healing Place*. February 11. <http://journeyofhearts.org/healing/nature.html>.
- Dweck, C. 1999. *Self-theories: Their role in motivation, personality, and development*. New York: Psychology Press.
- Dyer, Kirsti A. 2002. *A Healing Place*. February 11. <http://journeyofhearts.org/healing/nature.html>.
- Fredrickson, Barbara. 2009. *Positivity*. New York: Crown Publishers.
- Institute of Coaching. 2019. "IOC Research Dose." email blast, August 11.
- Jarden, Aaron. 2012. "Positive Psychologists on Positive Psychology." *International Journal of Wellbeing* 116-118.
- Kabat-Zinn, Jon. 1990. *Full Catastrophe Living: using the wisdom of your body and mind to face stress, pain, and illness*. New York: Delcorte Press.
- Kashdan, Todd, and Robert Biswas-Diener. 2015. *The Upside of Your Dark Side*. Plum Books.
- Larkin, William. 2010. *Growing the Positive Mind*. Applied Neuroscience Press.
- Lyubomirsky, Sonja. 2007. *The How of Happiness: a new approach to getting the life you want*. New York: Penguin Group.
- McCraty, Rollin, and Robert, R. Rees. 2009. "The Central Role of the Heart in Generating and Sustaining Positive Emotions." In *The Oxford Handbook of Positive Psychology*, by Shane, J. and Synder, C.R. Lopez, 527-536. New York: Oxford University Press.
- McEwen, Bruce, and Elizabeth Norton Lasley. 2002. *The End of Stress As We Know It*. Washington, D.C.: Joseph Henry Press.
- McGonigal, Kelly. 2015. *The Upside of Stress: why stress is good for you, and how to get good at it*. New York: Penguin Random House.
- McGonigal, Kelly. 2012. *The Willpower Instinct: How self-control works, why it matters, and what you can do to get more of it*. New York: Penguin Group.



Mindful Pause References

- Mind Tools: Essential skills for excellent career. n.d. *Burnout Self-Test*. Accessed June 30, 2019.
https://www.mindtools.com/pages/article/newTCS_08.htm.
- Moore, Margaret, Erika Jackson, and Bob Tschannen-Moran. 2016. *Coaching Psychology Manual*. Philadelphia: Wolters Kluwer.
- Muller, Wayne. 1999. *Sabbath: Restoring the sacred rhythm of rest*. New York: Bantam Books.
- Nakamura, Jeanne, and Mihaly Csikszentmihalyi. 2009. "Flow Theory and Research." In *The Oxford Handbook of Positive Psychology*, by Shane, J. Lopez and C.R. Snyder, 195-206. Oxford: Oxford University Press.
- Nhat Hanh, Thich. 2007. *Living Buddha, Living Christ*. New York: The Berkley Publishing Group.
- Pargament, Kenneth I, and Annette Mahoney. 2009. "Spirituality: The Search for the Sacred." In *The Oxford Handbook of Positive Psychology*, by Shane J Lopez and C.R. Snyder, 611-619. New York: Oxford University Press.
- Pink, Daniel. 2009. *Drive: the surprising truth about what motivates us*. New York: Penguin Group.
- Rakel, David. 2007. "Integrative Medicine." In *Guided Imagery and Interactive Guided Imagery*, by MD Martin L. Rossman, 1031-1037. Philadelphia: Saunders Elsevier.
- Rosenthal, Joshua. 2008. *Integrative Nutrition: Feed your hunger for health and happiness*. New York: Integrative Nutrition Publishing.
- Rozman, Deborah, and Rollin McCraty. 2013. "HeartMath." www.heartmath.com. <https://store.heartmath.com/item/2075/emwave-solution-for-better-sleep-guide>.
- Ryan, Thomas. 2004. *Reclaiming the Body in Christian Spirituality*. Mahwah: Paulist Press.
- Seligman, Martin E. P. 2011. *Flourish*. New York: Free Press.
- Siegel, Daniel J. 2010. *Mindsight: The new science of personal transformation*. New York: Bantam Books.
- Smith, B.W., J. Dalen, K. Wiggins, E. Tooley, P. Christopher, and J. Bernard. 2008. "The Brief Resilience Scale: Assessing the ability to bounce back." *International Journal of Behavioral Medicine* 15: 194-200.



Mindful Pause References

Steger, Michael F. 2009. "Meaning in Life." In *The Oxford Handbook of Positive Psychology*, by Shane, J. Lopez and C.R. Snyder, 679-687. New York: Oxford University Press.

Walsh, Robert. 1999. *Essential Spirituality: exercises from the world's religions to cultivate kindness, love, joy, peace, vision, wisdom, and generosity*. New York: John Wiley & Sons, Inc.

White, M.P., I. Alcock, J. Grellier, B.W. Wheeler, T. Hartig, S.L. Warber, A. Bone, M.H. Depledge, and L.E. Fleming. 2019. "Spending at least 120 minutes a week in nature is associated with good health and wellbeing." *Scientific Reports*. June 13. Accessed August 11, 2019. <https://www.nature.com/articles/s41598-019-44097-3>.

