

Navigating Change and Building Resilience



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Reaction vs. Strategy

1

Letting Go

Recognize the
need for change.

Let go of the old
reality.

2

In Between

Provide and seek
information.

Create a strategy
to get through
the transition.

3

New Beginning

Focus on new
opportunities

Create new habits
and patterns.

POSITIVE

Impact

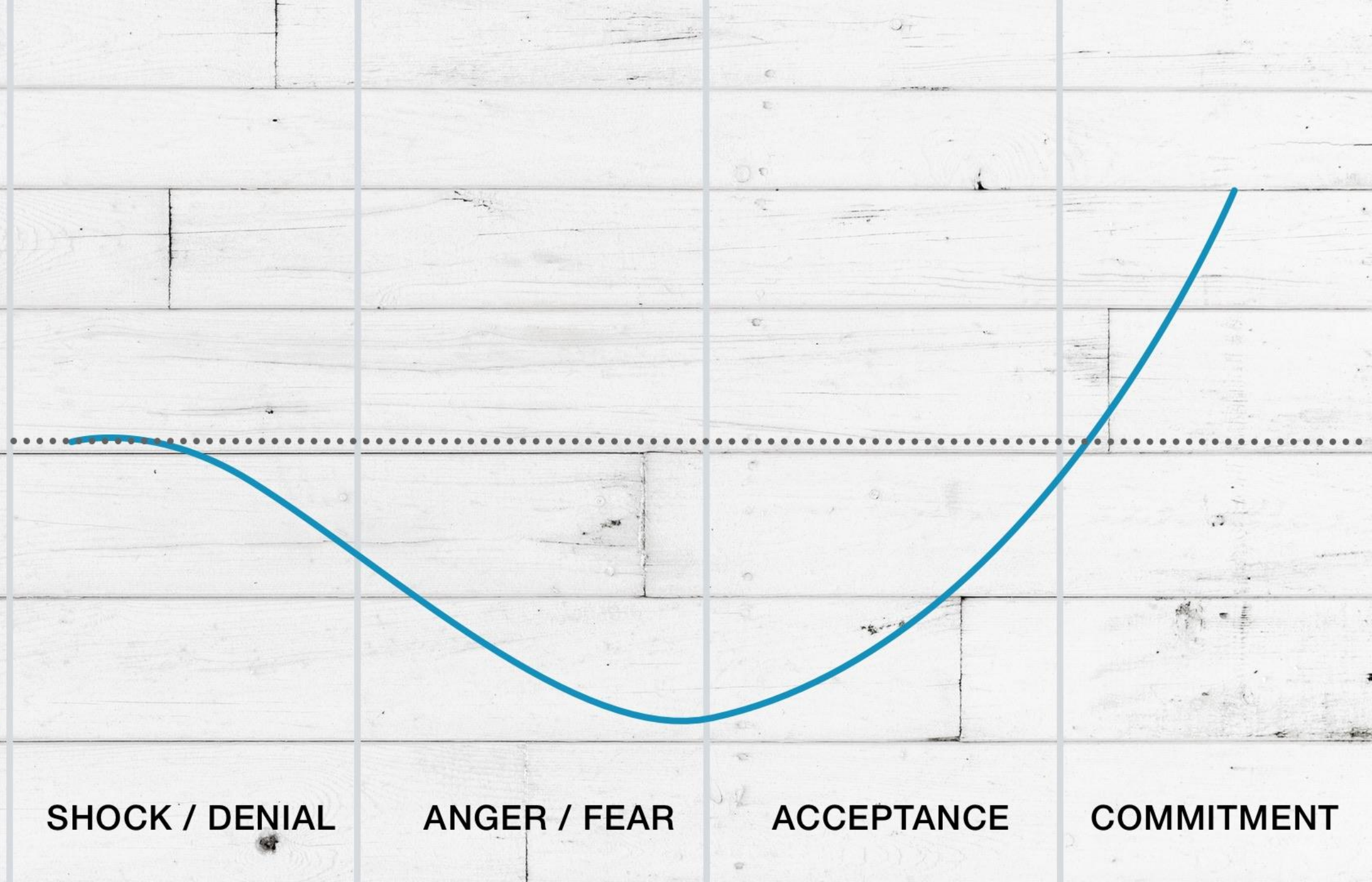
NEGATIVE

SHOCK / DENIAL

ANGER / FEAR

ACCEPTANCE

COMMITMENT



A person is captured in mid-air, jumping from a rocky peak. They are wearing a red jacket and dark pants, with their arms raised in a celebratory gesture. The background features a vast landscape with a large lake, forested hills, and distant mountains under a clear blue sky. The overall scene conveys a sense of achievement and triumph.

Courage + Resilience = Triumph

courage

the ability to do something that
you know is difficult or dangerous

mental or moral strength to persevere,
and withstand danger, fear, or difficulty



COURAGE DOESN'T ALWAYS ROAR.

Sometimes courage is the quiet voice at the end of the day saying, I'll try again tomorrow.

- Mary Anne Radmacher

THE **PIKE SYNDROME**





We are creatures of...

HABIT

REPTILIAN BRAIN

A woman with long dark hair is smiling and looking at her smartphone on a city street. Three blue lines with orange dots at the end point to specific areas on her head: one on the back of her head, one on her forehead, and one on her cheek. These lines connect to three text boxes: 'REPTILIAN BRAIN' (top left), 'NEOCORTEX' (middle right), and 'LIMBIC SYSTEM' (bottom left). The background is a blurred city street with a yellow taxi and other vehicles.

NEOCORTEX

LIMBIC SYSTEM



Discomfort is a catalyst for growth.



resilience

an ability to recover from, or adjust easily to, misfortune or change

STRESS!

Anxiety

Depression

Weak Immune System

Diabetes

Unhealthy Cravings

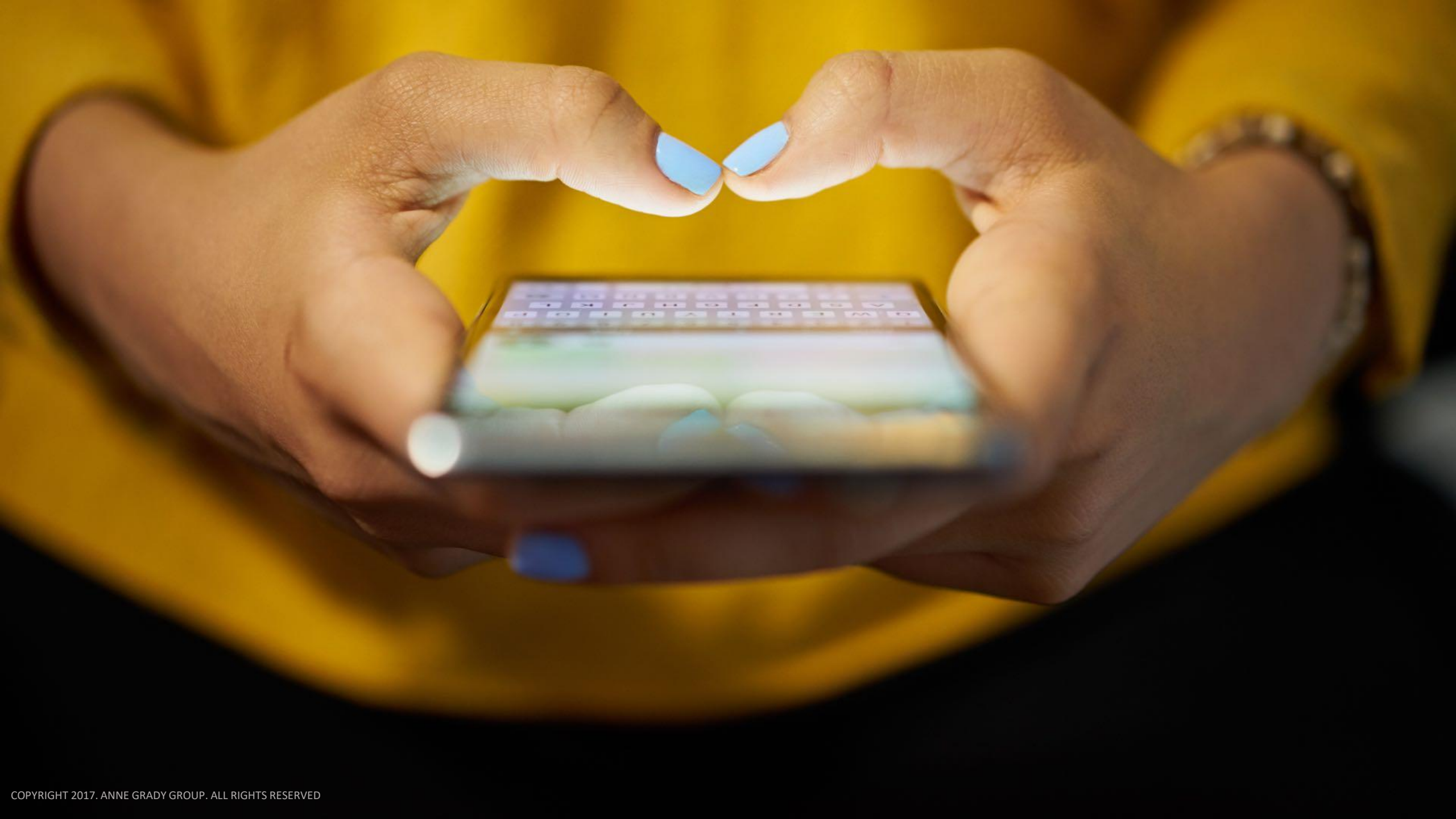
Heart Disease

Menstrual Issues

Decreased Sex Drive

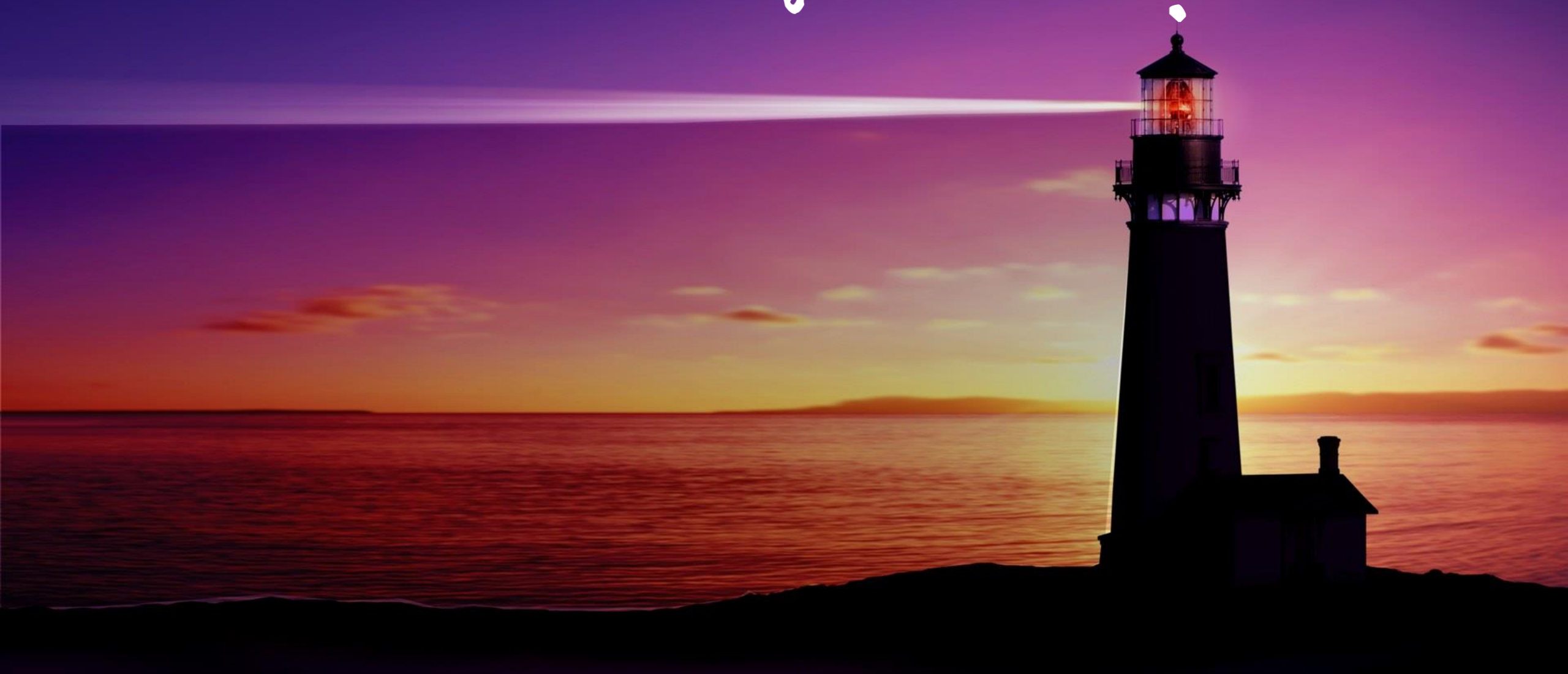
High Blood Pressure

Poor Digestion





What's Your Lighthouse?



A person is silhouetted against a bright sunset sky, standing in a body of water and fishing. The person is wearing a cap and a jacket, and is holding a fishing rod. The water is calm with gentle ripples. In the background, there is a line of trees and a small building on the shore. The overall mood is peaceful and contemplative.

GRATITUDE

is a

CHOICE



Improved Mood

Lower Blood Pressure

Improved Immune System

Better Sleep More Energy

Fewer Aches & Pains

Improved Attention

Faster Metabolism

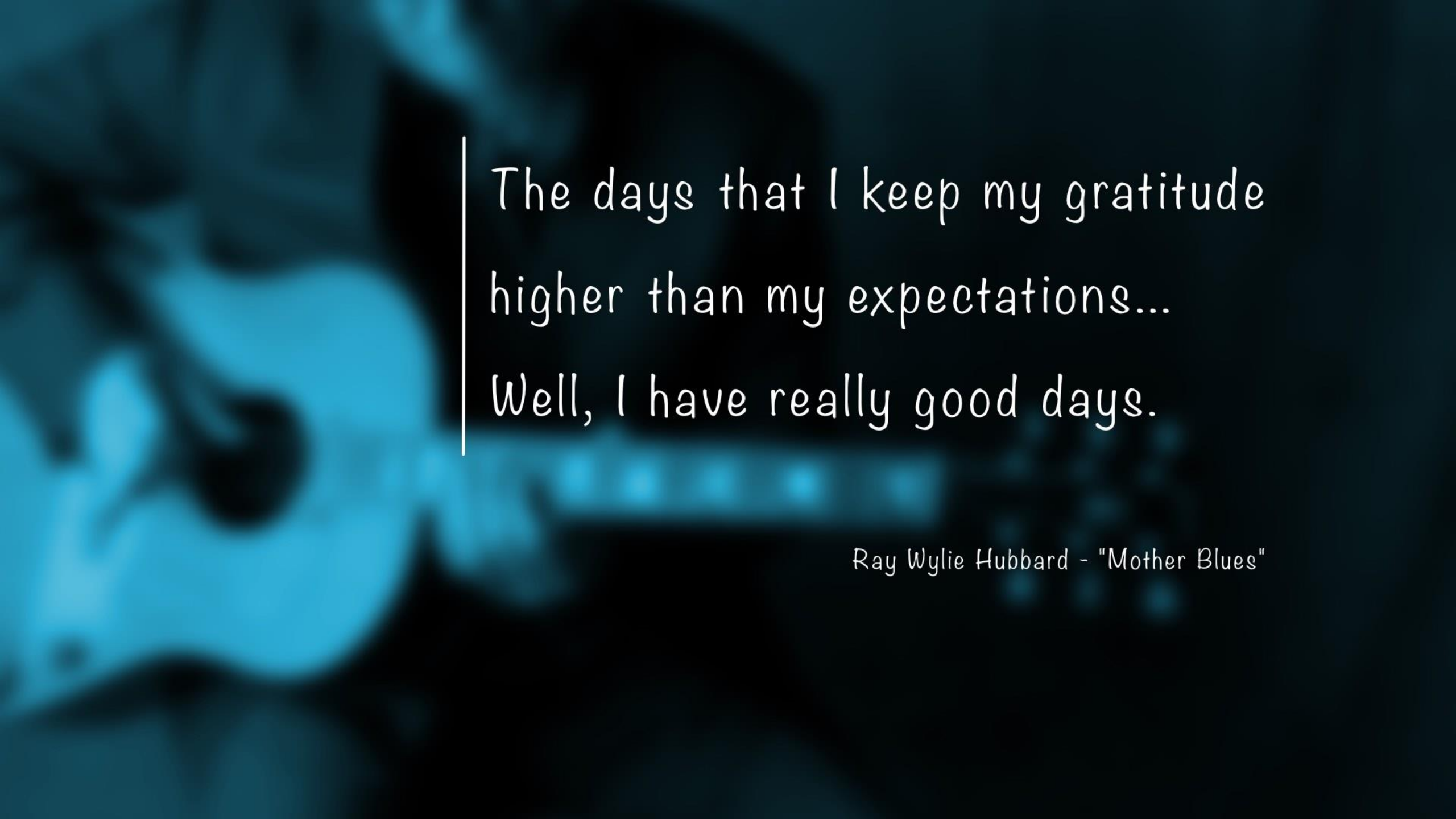
What Do These Celebrities Have In Common?





TRIUMPH!






The days that I keep my gratitude
higher than my expectations...
Well, I have really good days.

Ray Wylie Hubbard - "Mother Blues"



A photograph of a young child crying intensely, set against a blue-tinted background of an airplane cabin. The child is in the foreground, looking upwards with a distressed expression. The cabin seats and overhead bins are visible in the background, creating a sense of being on a flight.

No babies were harmed when
making this presentation slide



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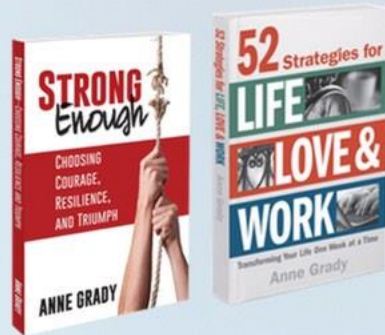
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