



*Welcome*

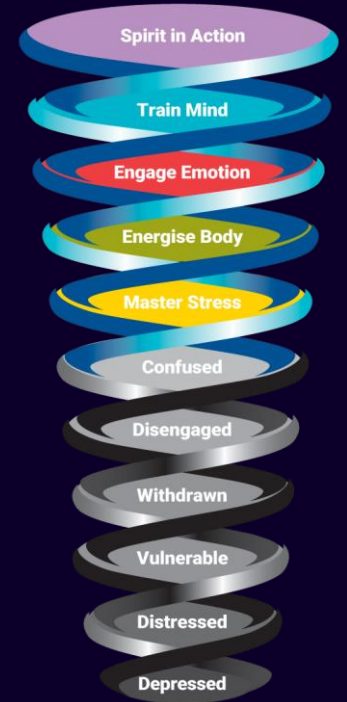
We will start soon please make yourself comfortable 😊.

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# KEYS TO MENTAL RESILIENCE

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**EVE ASIA**



with Manish Arneja  
Managing Partner

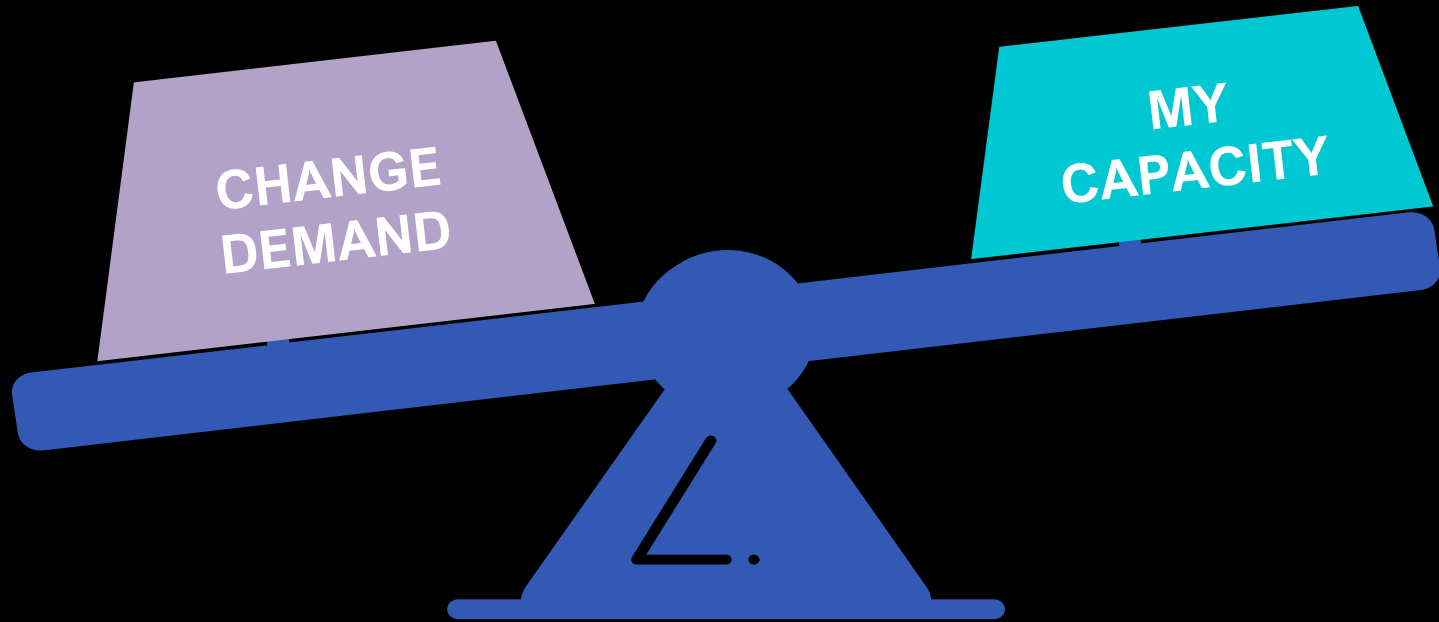
# The Resilience Institute is a global leader in research and training of Human Performance

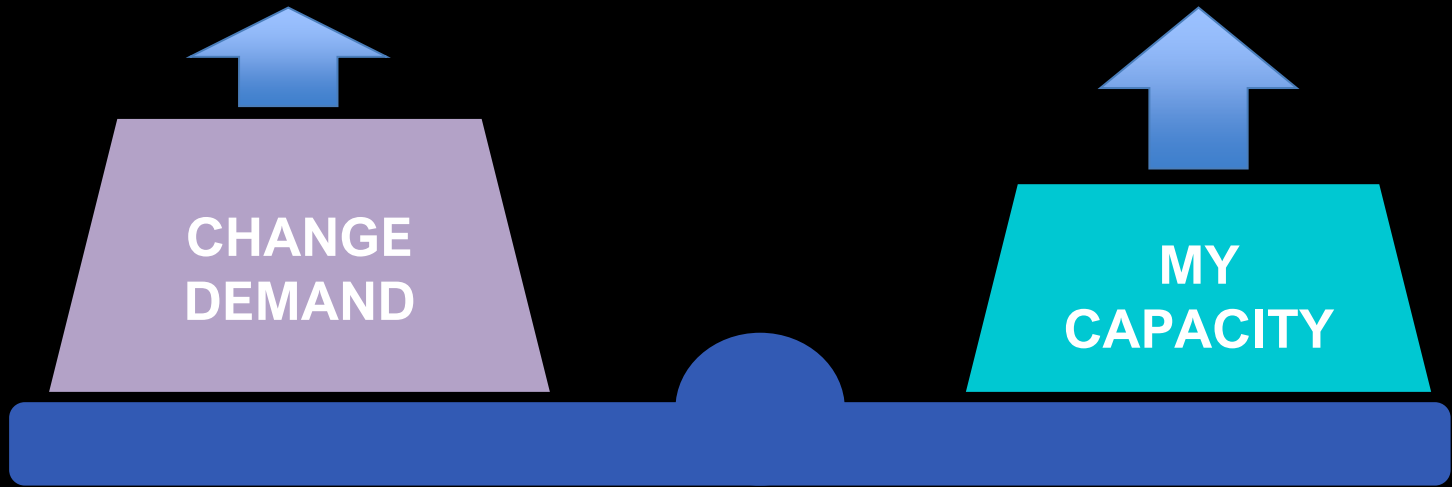


Our teams are based in:

New Zealand  
Australia  
United States  
South East Asia  
China  
South Africa  
United Kingdom  
Europe  
Switzerland (HQ)













**COVID:**



**50% + Anxiety  
44% Depression  
(6 times x 2019)\***

*\* Translational Behavioural Medicine (USA)*



1

**Awareness-  
Where am I?**

2

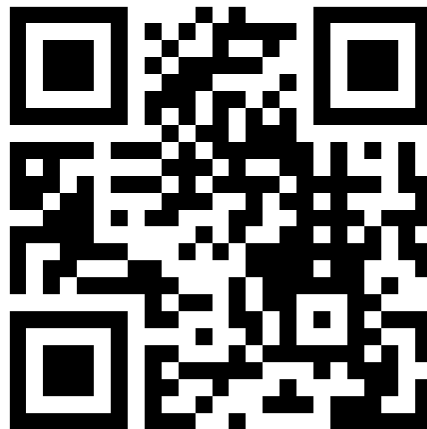
**Traps for  
Mental  
Resilience**

3

**Key Rituals to  
Thrive**



What are the stressors impacting my health / performance ?

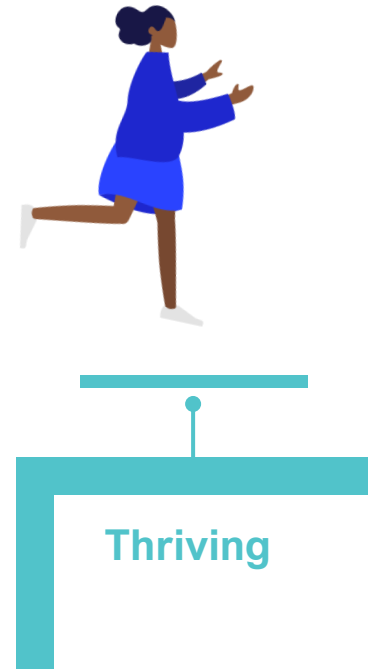
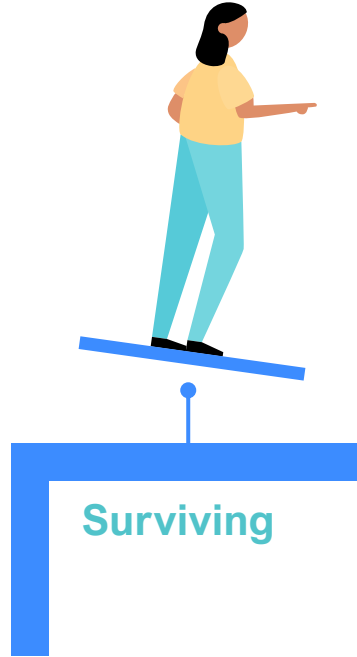
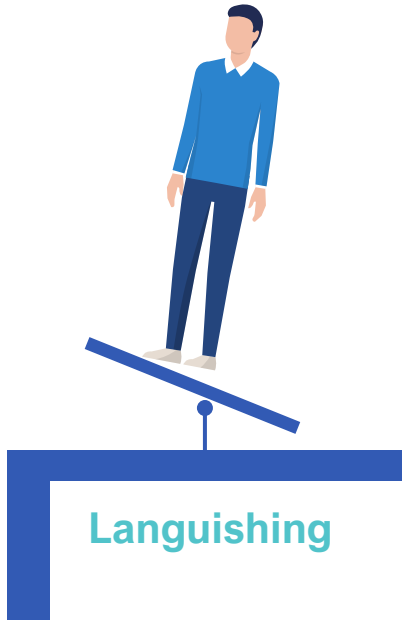


**Menti.com**

**4310 0348**



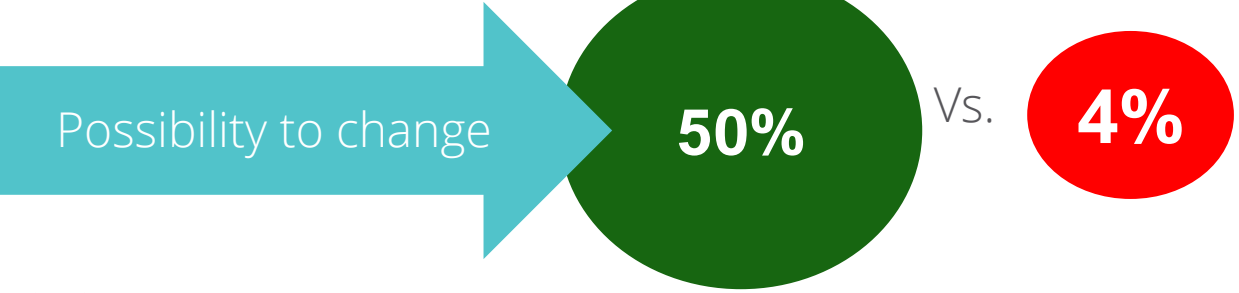
# What state are you in?



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# | Knowing your location makes a difference





1

**Awareness-  
Where am I?**

2

**Traps for  
Resilience  
Failure**

3

**Key Rituals to  
Thrive**

## 3 Mental Traps – leading to Resilience failure



**SUPERHERO**



**BEATER**

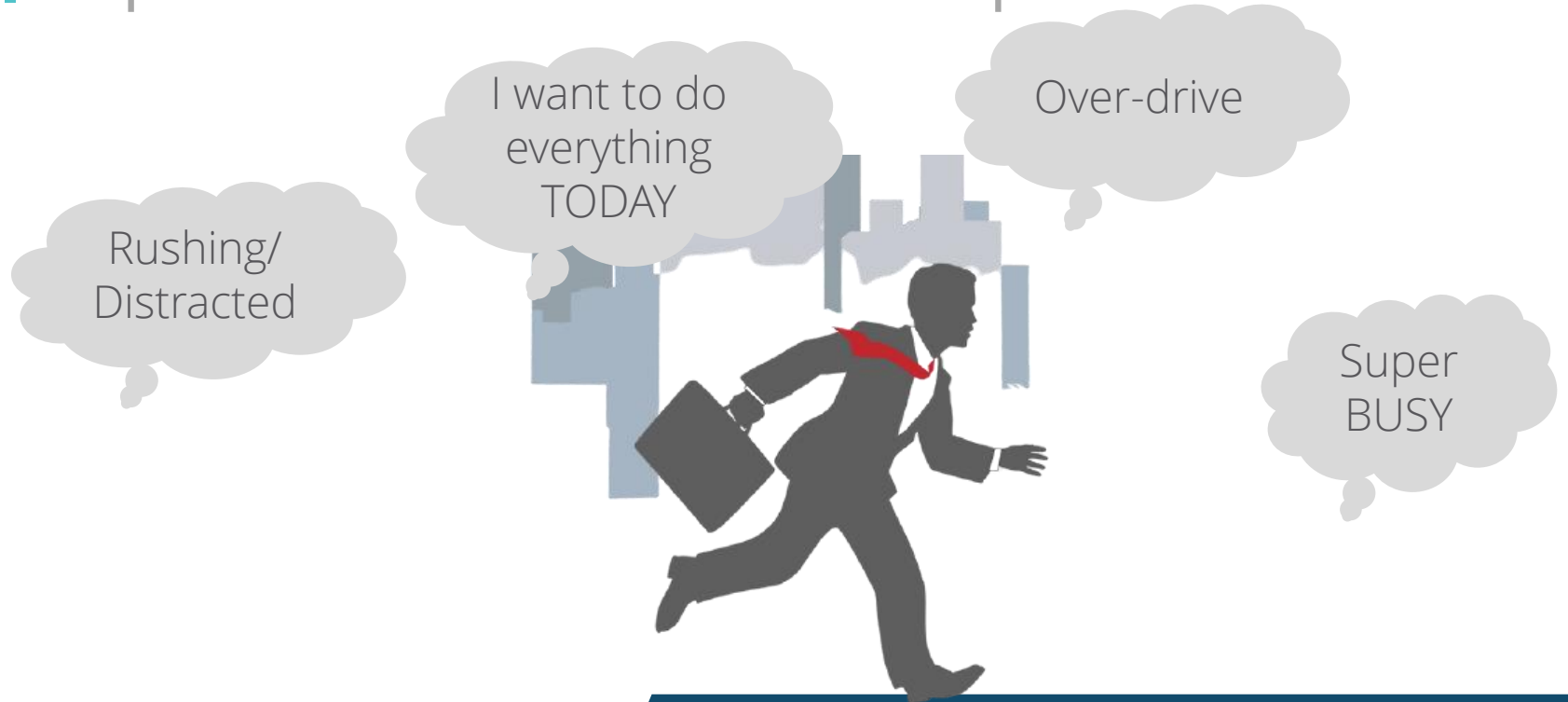


**CAVEMAN**



SUPERHERO

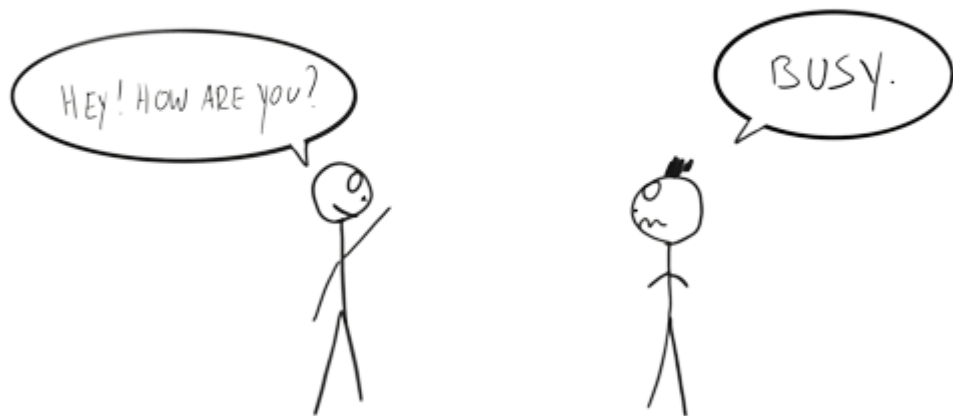
# Superhero loves to accelerate in pressure



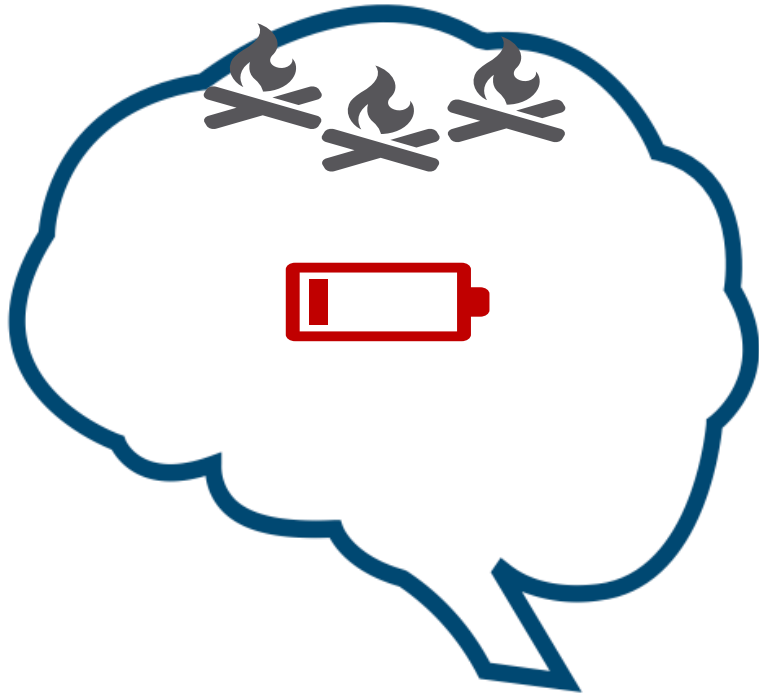
**The more I do , The quicker I know  
The better I perform in pressure**



# | Trapped by Busyness







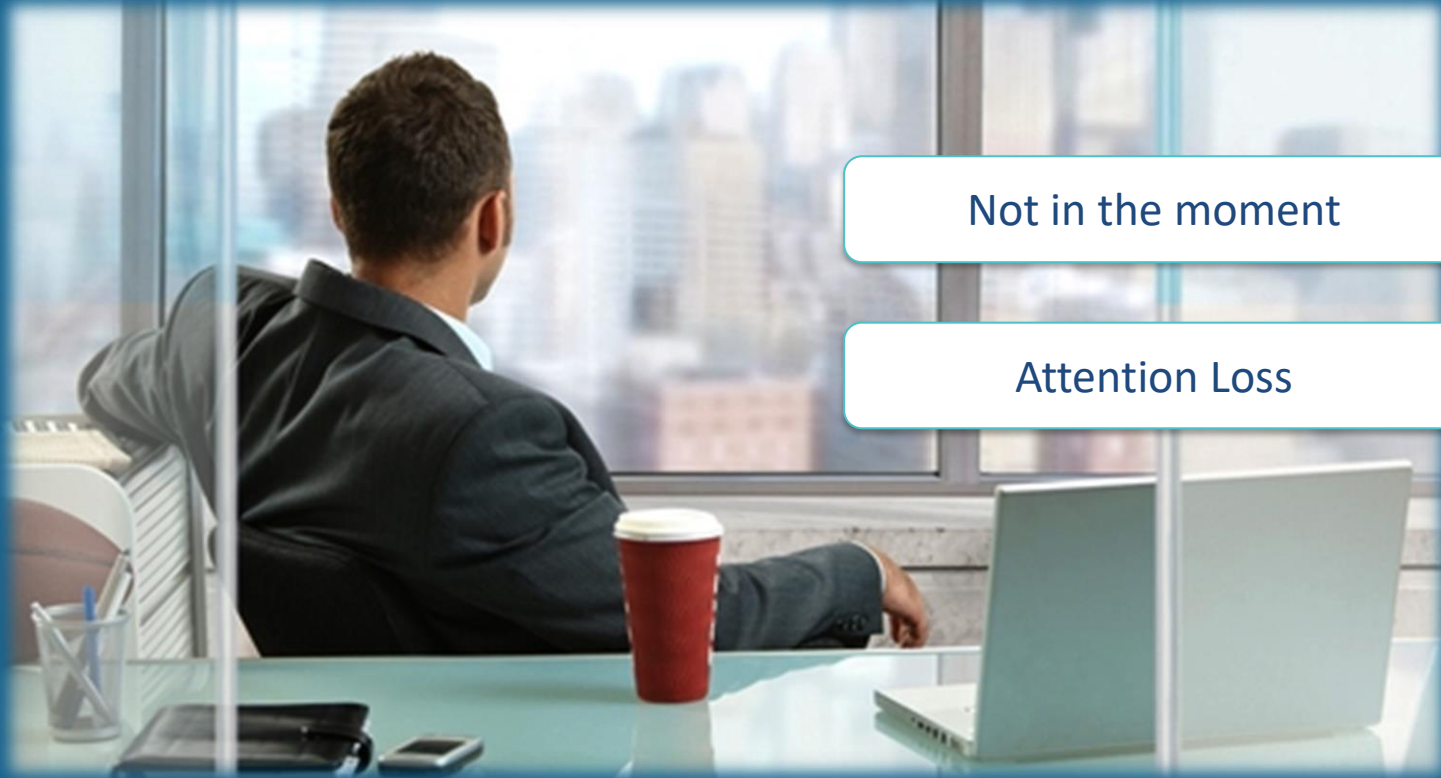
SUPERHERO

**I need to be in control**

**Always ON**

**Pressure to perform**  
**Brain in OVERDRIVE!**





Not in the moment

Attention Loss



# I Scorecard – Superhero Trap

**How would you rate your own Superhero Trap?**

**Rate (1-5) with 5 being the highest  
1=almost never, 5 = almost always**

I am overloaded with lot of things to do

I work on different tasks at the same time

I have no time for breaks during my work day

Other people needs are significant strain on me

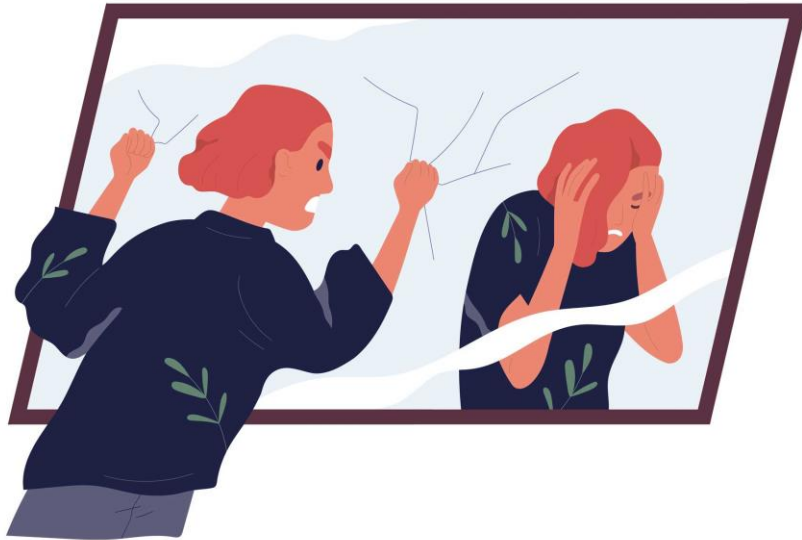
I lose focus at work

**TOTAL**



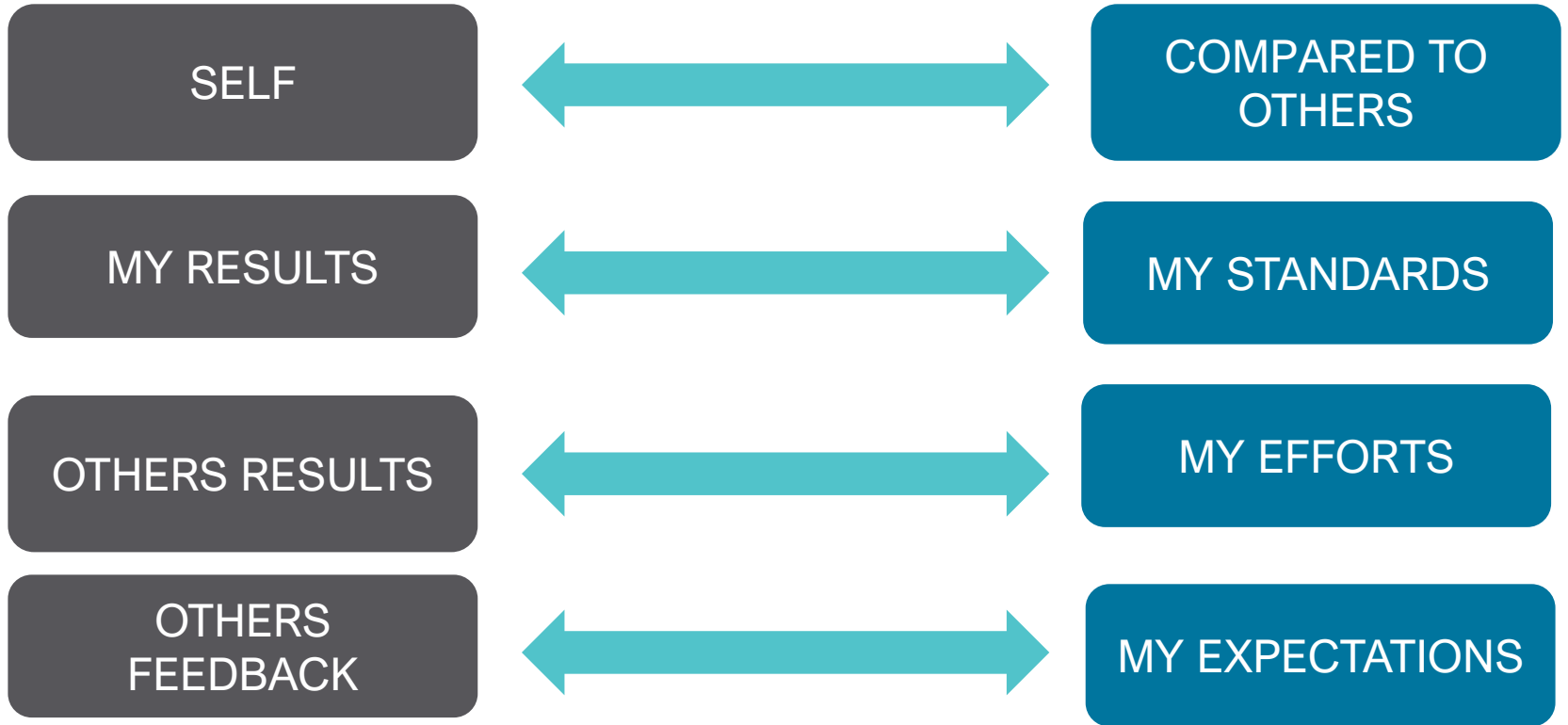
BEATER

# Critic creates constant repeated negative talk





# | It shouts on self ... when failure happens ...



# I Scorecard – Self-Beater Trap

**How would you rate your own  
Caveman Trap?**

**Rate (1-5) with 5 being the highest  
1=almost never, 5 = almost always**

I have negative thoughts about myself

I regularly compare myself to others

I focus on the part of my image/ personality that  
I don't like

Others notice my lack of confidence

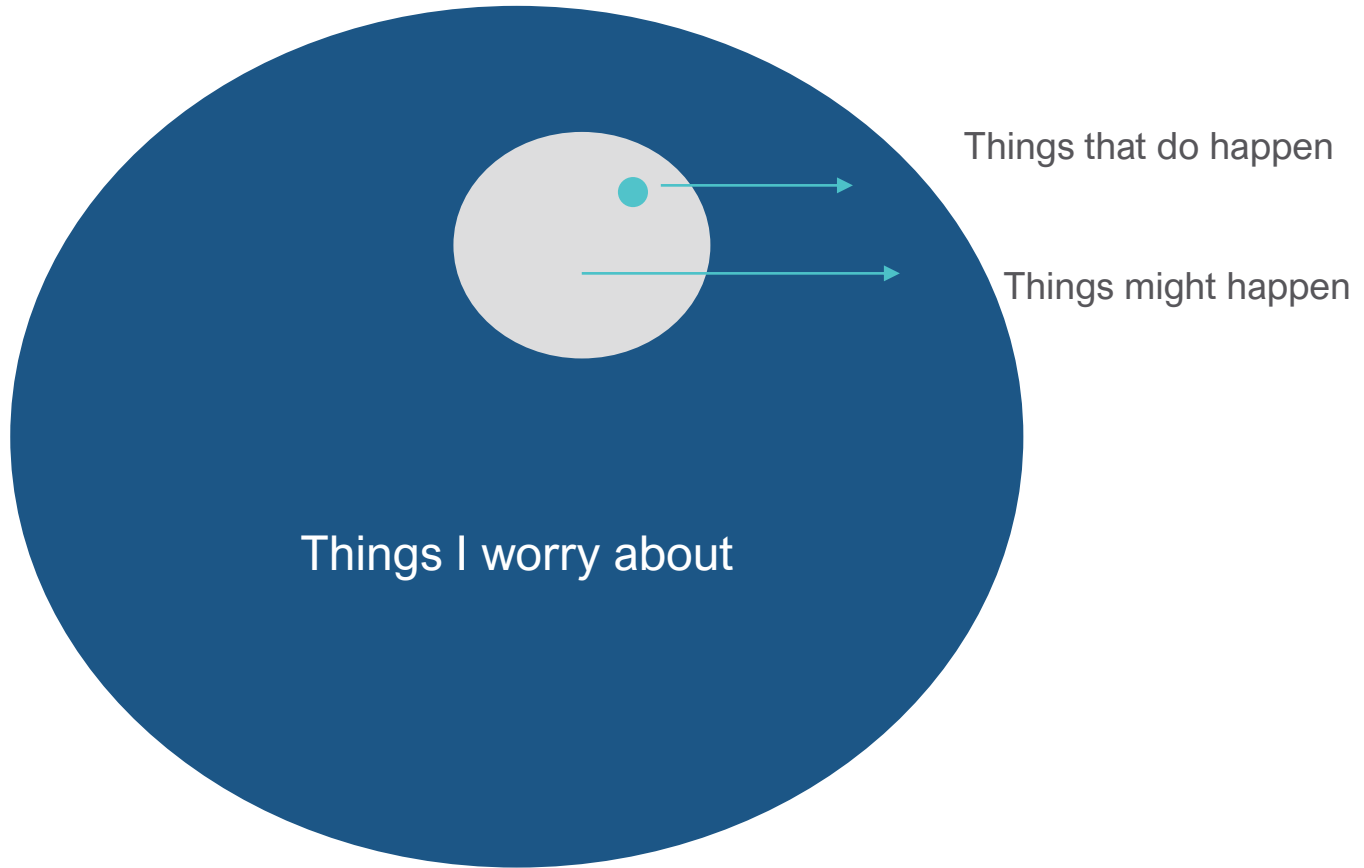
I feel lack of joy in life

**TOTAL**



CAVEMAN









**AVOIDANCE**



**HYPERVIGILANCE**

# I Scorecard – Caveman Trap

**How would you rate your own Caveman Trap?**

**Rate (1-5) with 5 being the highest  
1=almost never, 5 = almost always**

I worry about the future (work / family/finances)

I avoid difficult conversations

My mind is overactive at night

I feel nervous or anxious

I have discomfort in my chest or breathing

**TOTAL**



**SUPERHERO**



**BEATER**



**CAVEMAN**

**Which is my biggest trap? (Share highest scores)  
How does it show up in my life?**



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1

**Awareness-  
Where am I?**

2

**Traps for  
Resilience  
Failure**

3

**Key Rituals to  
Bounce**



BRAKE ON SUPERHERO

LIMITED

BIOLOGICAL  
RESOURCES

“Performance  
increases with  
biological pressure,  
but only up to a point”



CHOICES

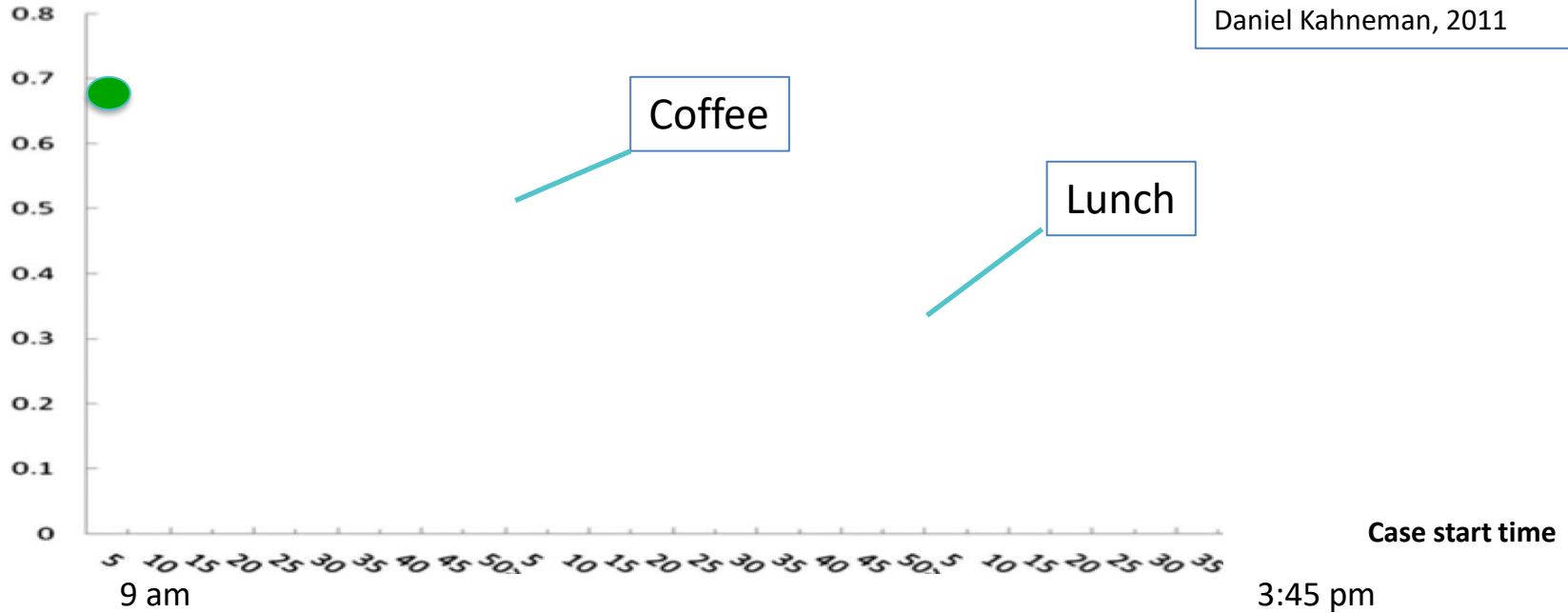


RESULTS



# Judges and Parole Granting

Proportion of prisoners paroled



**Willpower,**  
Baumeister, Tierney, 2011

**Thinking Fast and Slow,**  
Daniel Kahneman, 2011

Source : Shai Danziger, Jonathan Levavb and Liora Avnaim-Pessoa, PNAS, February, 2011 based on 1,100 cases over one year





**FOCUS WORK**  
(50-90 Min)



**FOCUS WORK**  
(50-90 Min)



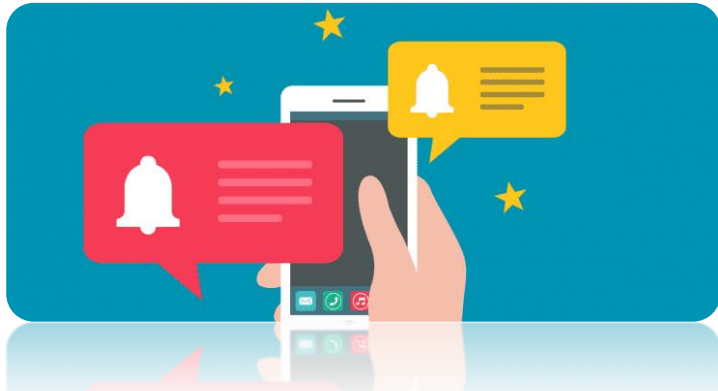


# I Manage Infobesity



- ✓ **MONOTASK**
- ✓ **MAKE A PRIORITY LIST (1-3 items)**

# | Reduce Cognitive Load

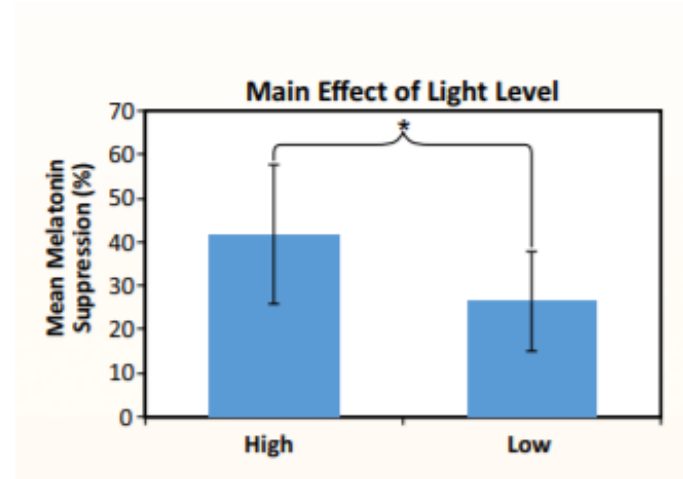
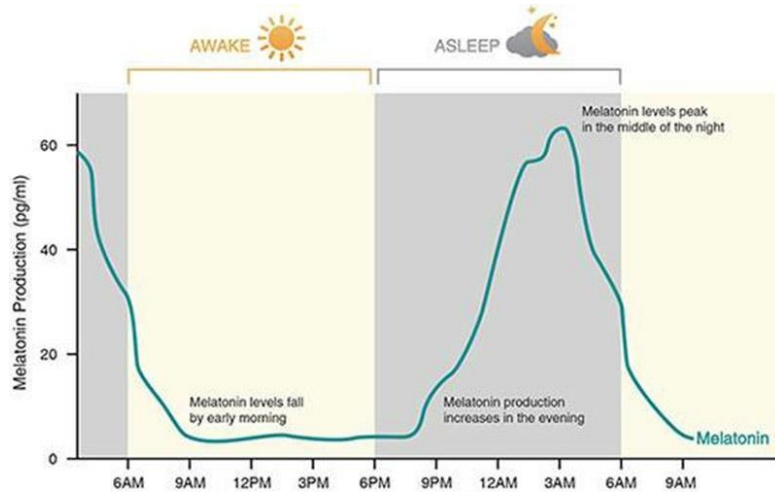


Distractions/ Notifications



Mental Open Boxes

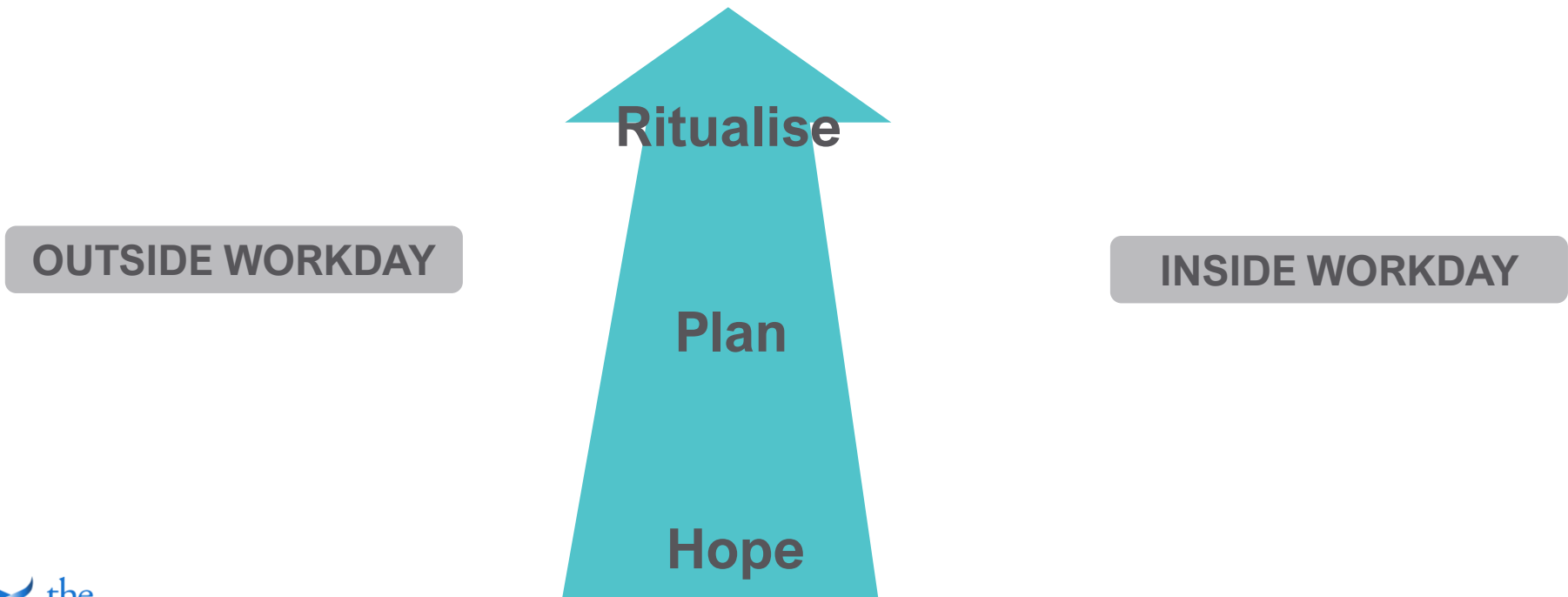
# Blue Light & Melatonin Suppression



No devices : 45 min- 1 hour before going to bed

# | Intentional Recovery

An intentional relief of stress and renewal



# | How will I handle my superhero?

Breaks every 90 min

Before Sleep- No Gadgets

Intentional Recovery Time

Monotask

Manage Distractions

Close Mental Boxes



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BE KIND WITH BEATER



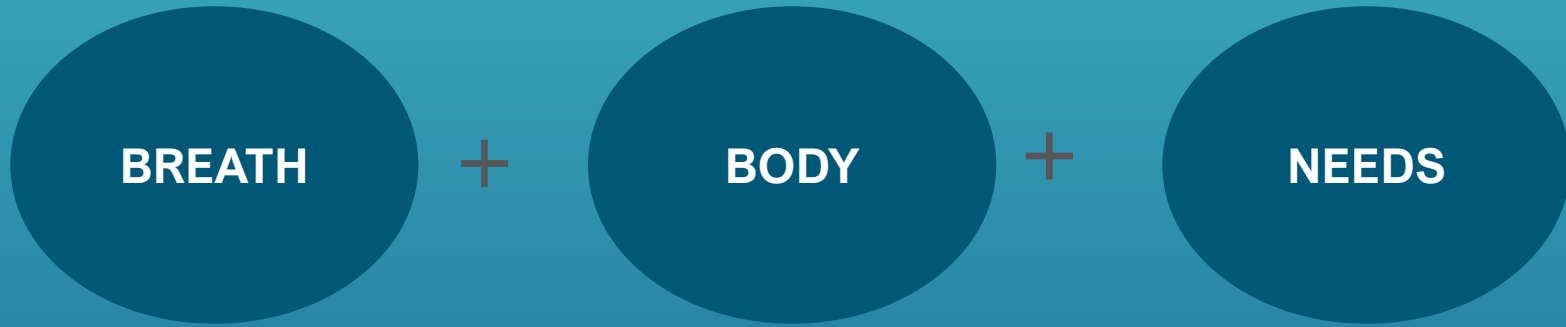
# | Fight-Flight or Freeze State



“Instincts towards protection and defence”



# | Self-Compassion: Notice and Attend to...







**Negative Feedback- When we need most compassion for self**



# Practice Scenario

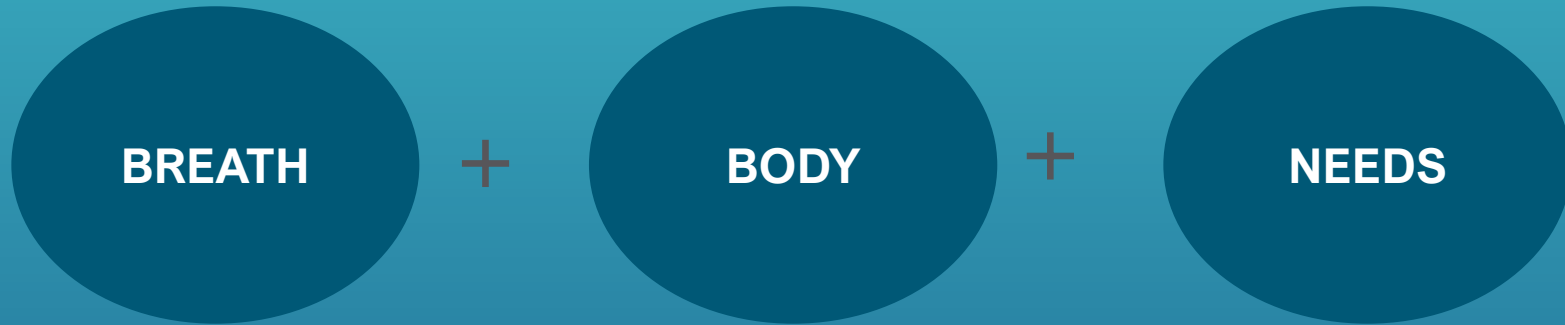
## Noticing the beater

I am very very disappointed of you. I made you the manager thinking you will shine.. But you proved me wrong.

How could your performance can be so low compared to rest of the team? I was seriously hoping much better of you..

If you want to survive here, do get your acts together now..

# | Self-Compassion Practice



| How would I treat a friend?





CALM THE CAVEMAN

# My Thoughts are running constantly..











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**Magnetic Pull**



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**Hypervigilance**



# | Note to self

“ I lead my thoughts; my thoughts don't lead me

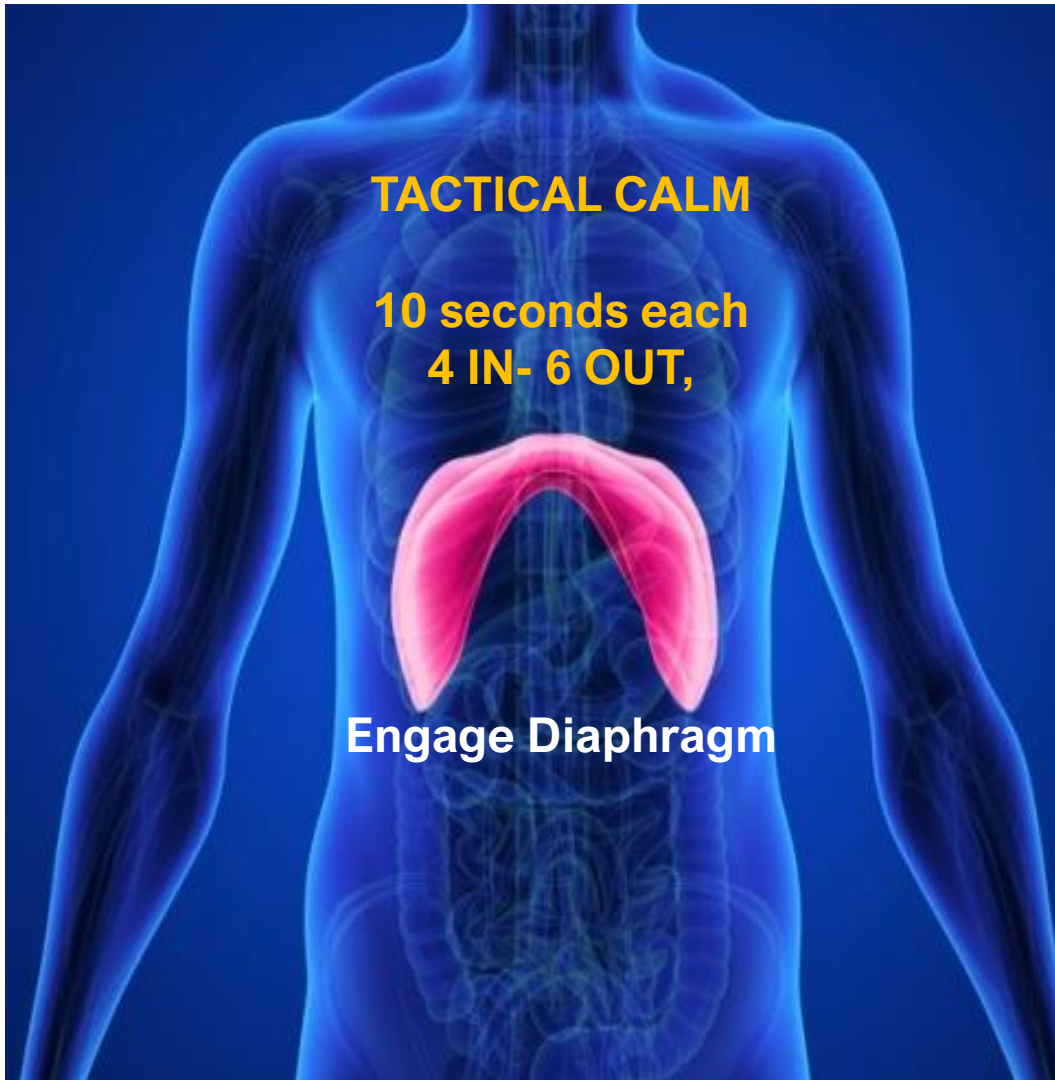


Secure- Yourself first







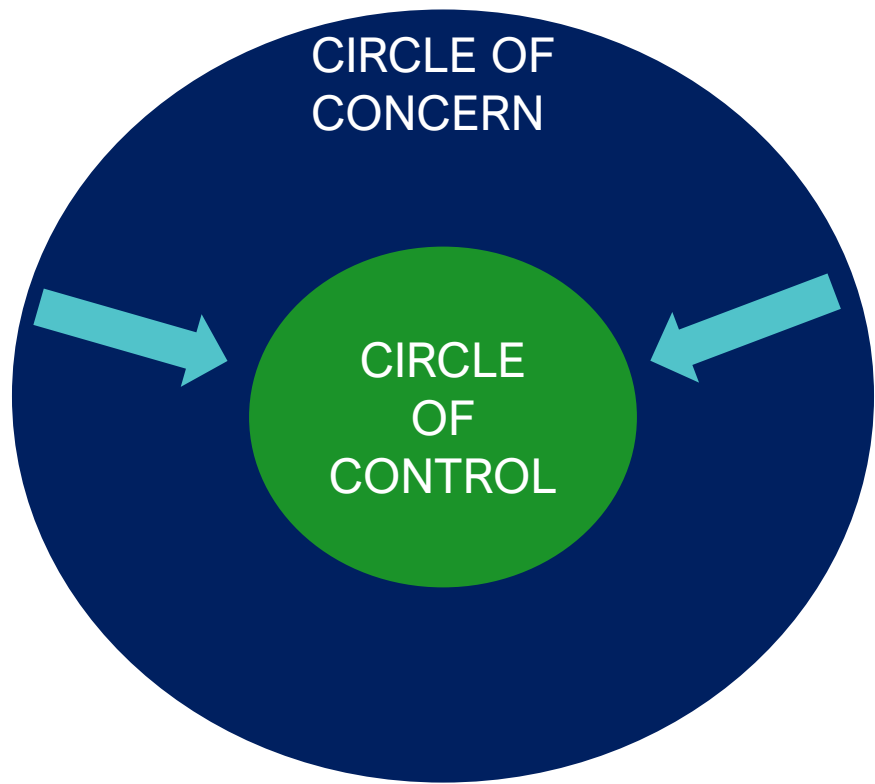


**TACTICAL CALM**

**10 seconds each  
4 IN- 6 OUT,**

**Engage Diaphragm**







**JUMP TO CONCLUSIONS**





# | Note to self

“ I lead my thoughts; my thoughts don't lead me





# Can I change my channel?



Threat



Challenge



Opportunity

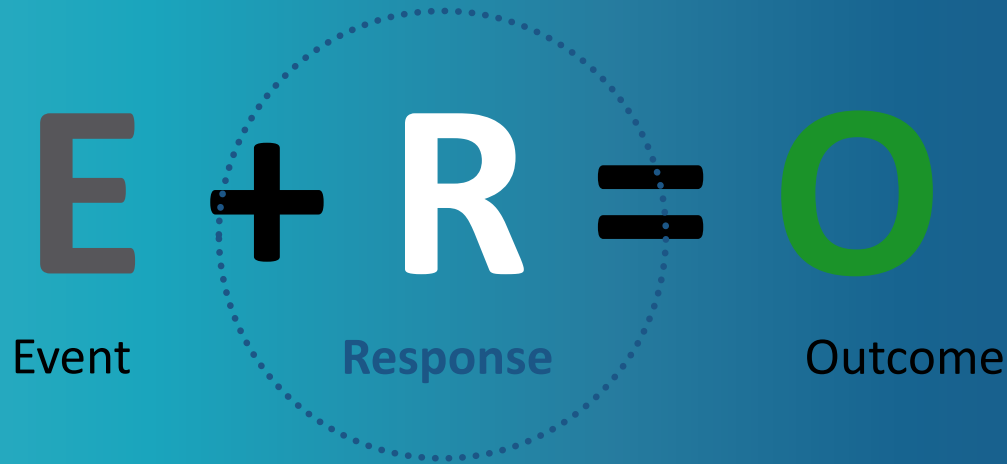


**Change  
Your  
Channel**

1. What is the opportunity or learning here?
2. What else could it mean?



# I HAVE A CHOICE



*One Day or Day One? Your Choice!*

**DAY 1**

*What Will be my commitment to myself?*

# What will be my one commitment to master Stress and Pressure?

## **SUPERHERO**

- Manage Infobesity
- Monotask
- Take Regular Breaks

## **BEATER**

- Notice when beater is active
- Self-Compassion Practice
- Ask- How will I treat a friend in this situation?

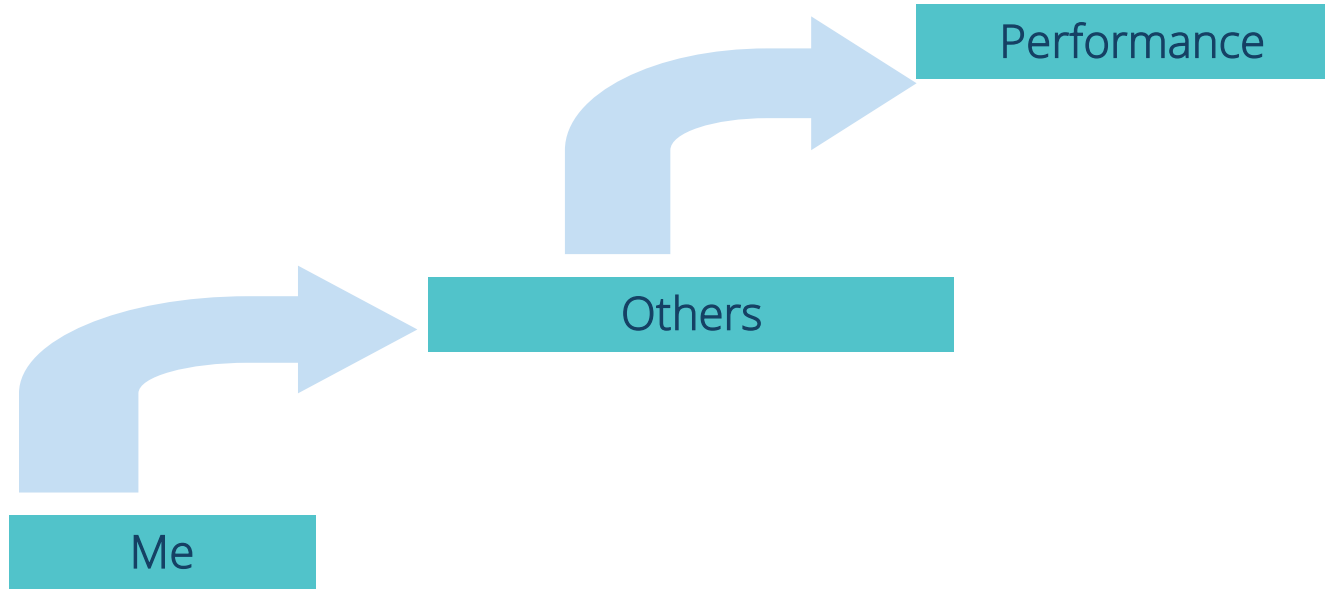
## **CAVEMAN**

- 4-6 Diaphragmatic breathing
- Focus on Circle of Control
- Change your channel to opportunity





# | As a manager you set the tone for others



**Self Care is not Selfish  
Be an example !**





**Manish Arneja**

Helping leaders build Resilience, Agility  
& Momentum

