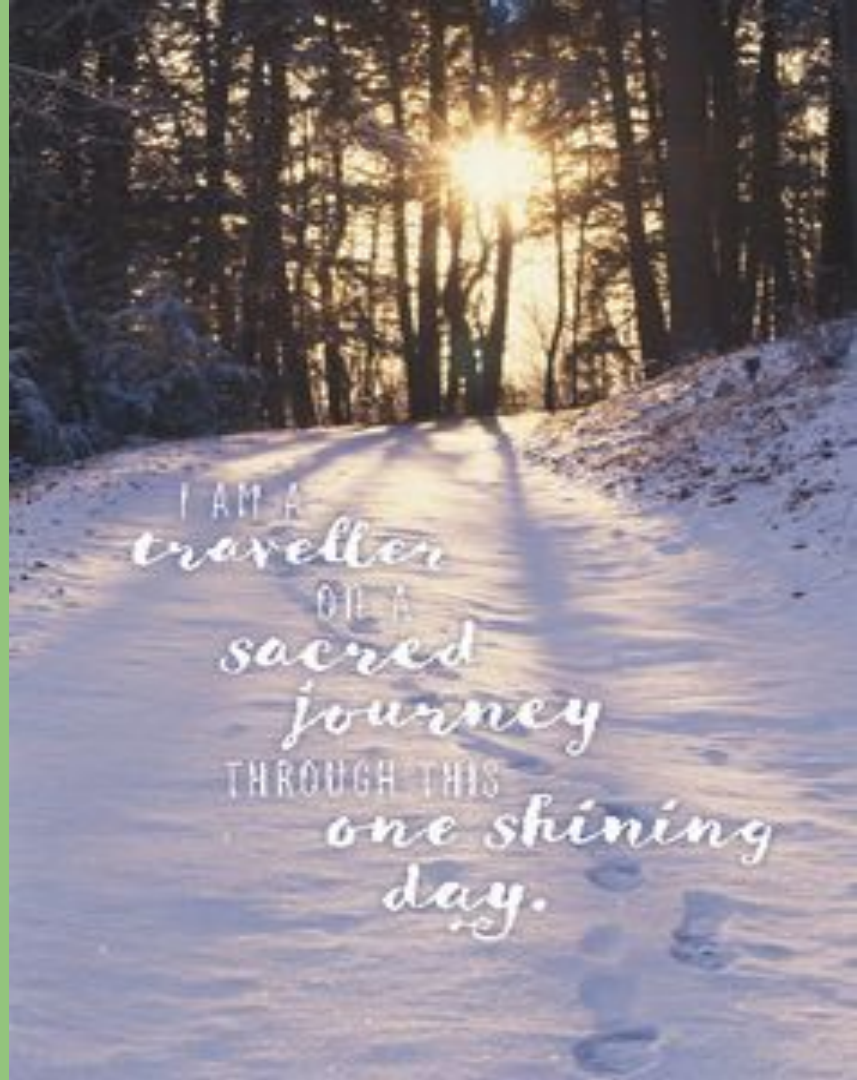


Wellbeing In Challenging Times

Presentation to the Belgo PAC
By Marilyn Green (she/her)



I respectfully acknowledge
that we are meeting today on
the unceded, ancestral, and
traditional territory of the
Okanagan/Syilx people.



The last 3 years have taught us a lot!

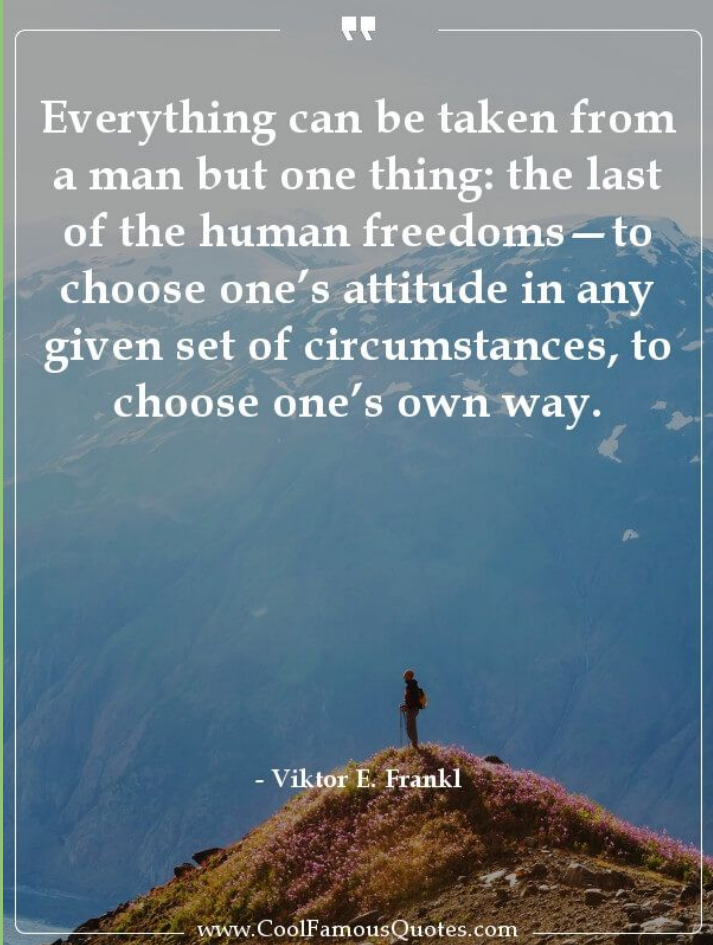
- Nothing is guaranteed
- Our resources are depleted (100 units of energy)
- The world is an immensely over stimulating place (74 GB a day)
- We need to figure out a better, more sustainable way to live that works for US (a million different ways to live a happy life)



So what do we do?

We work with what we've got!

- You have the power!
- I won't add anything to your plate
- Subtle shifts add up to big changes
- All this can be applied to your kids too

A photograph of a person standing on the peak of a mountain, looking out over a vast, deep valley. The person is silhouetted against the bright sky. The mountain peak is covered in low-lying vegetation. The background shows a deep, winding valley with steep slopes and distant mountain ranges under a clear blue sky.

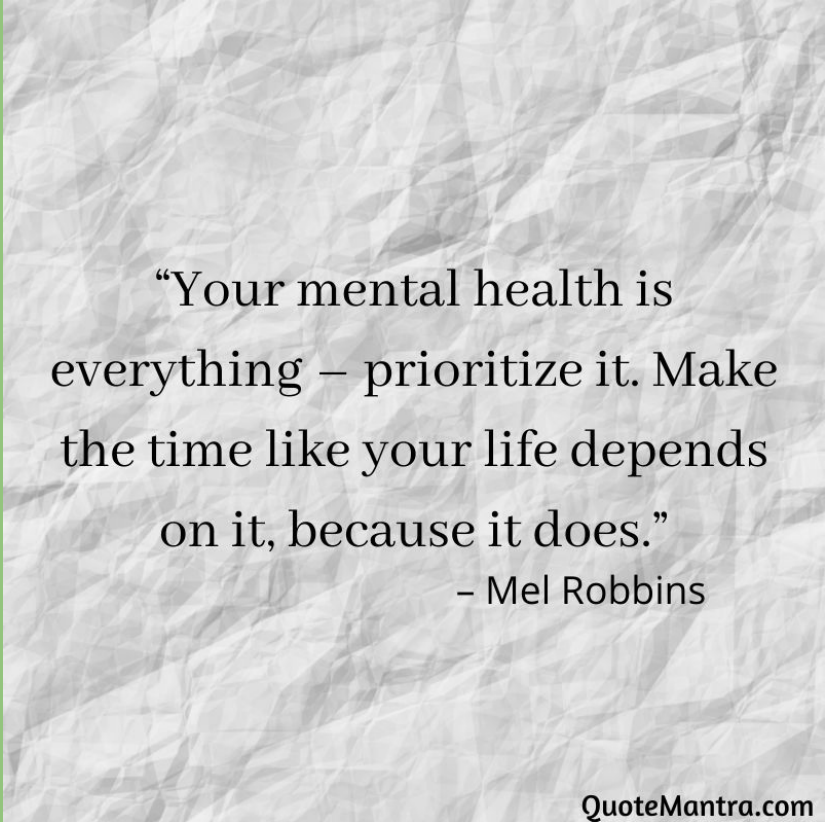
Everything can be taken from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way.

- Viktor E. Frankl

www.CoolFamousQuotes.com

1. Mental Health is Brain Health

- Rest
- Nutrition
- Hydration
- Movement
- Calm nervous system
- Substances
- Connect



“Your mental health is everything – prioritize it. Make the time like your life depends on it, because it does.”

– Mel Robbins

Strategy #1:

Turtle steps - tiny shifts that add up to big changes over time

Identify a turtle step for a shift you would like to make

Attach the turtle step to a habit that already exists



2. Managing Chronic and Toxic Stress

Understand the Stress (FFF) Response:

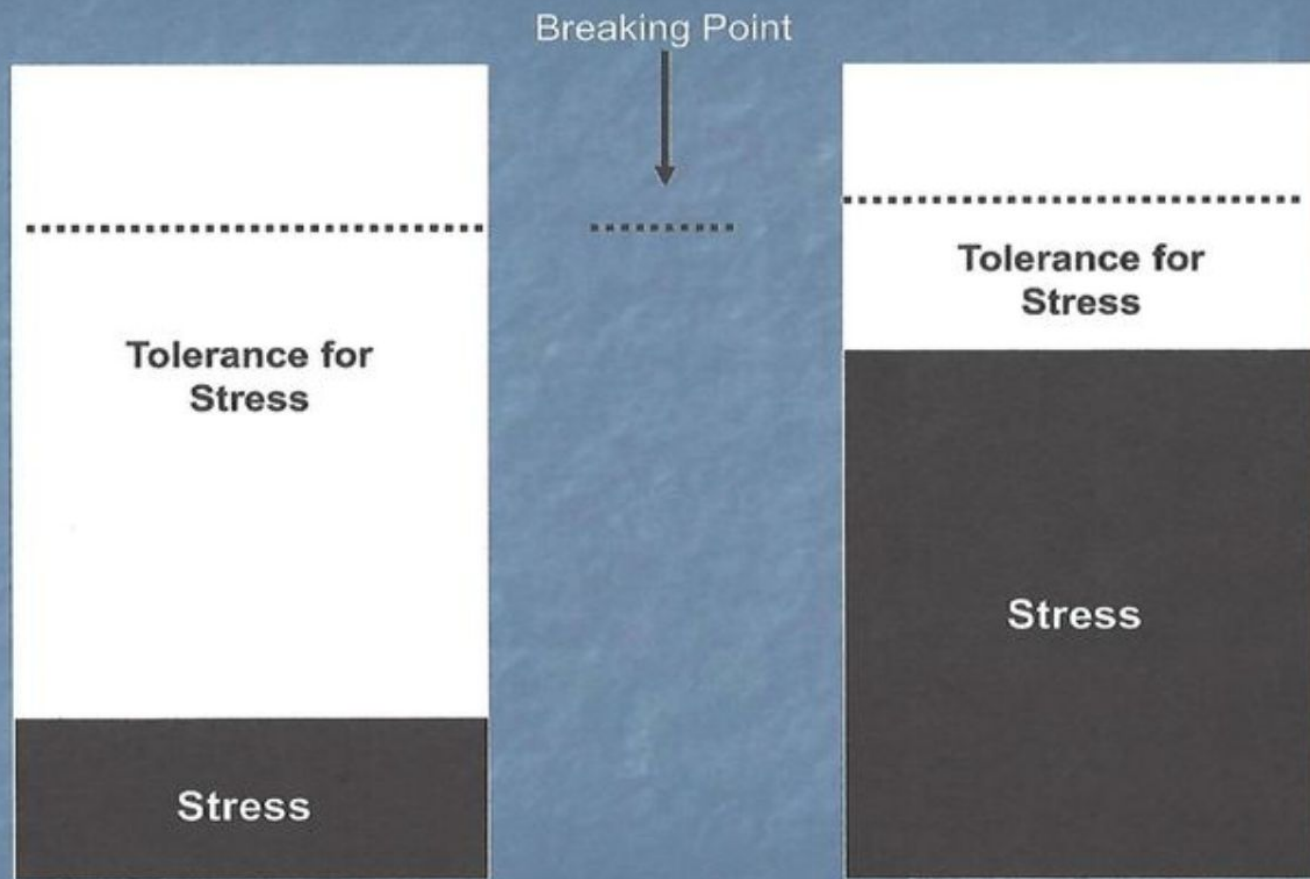
- A normal part of evolutionary biology
- Has a very important function
- A cycle that peaks and subsides



Chronic and Toxic stress creates a constant, low level FFF response:

- Impacts our health - physical and mental
- Decreases our window of tolerance

Window of Stress Tolerance



Strategy #2:

Change the stress, not the stressor.

Complete the stress cycle by:

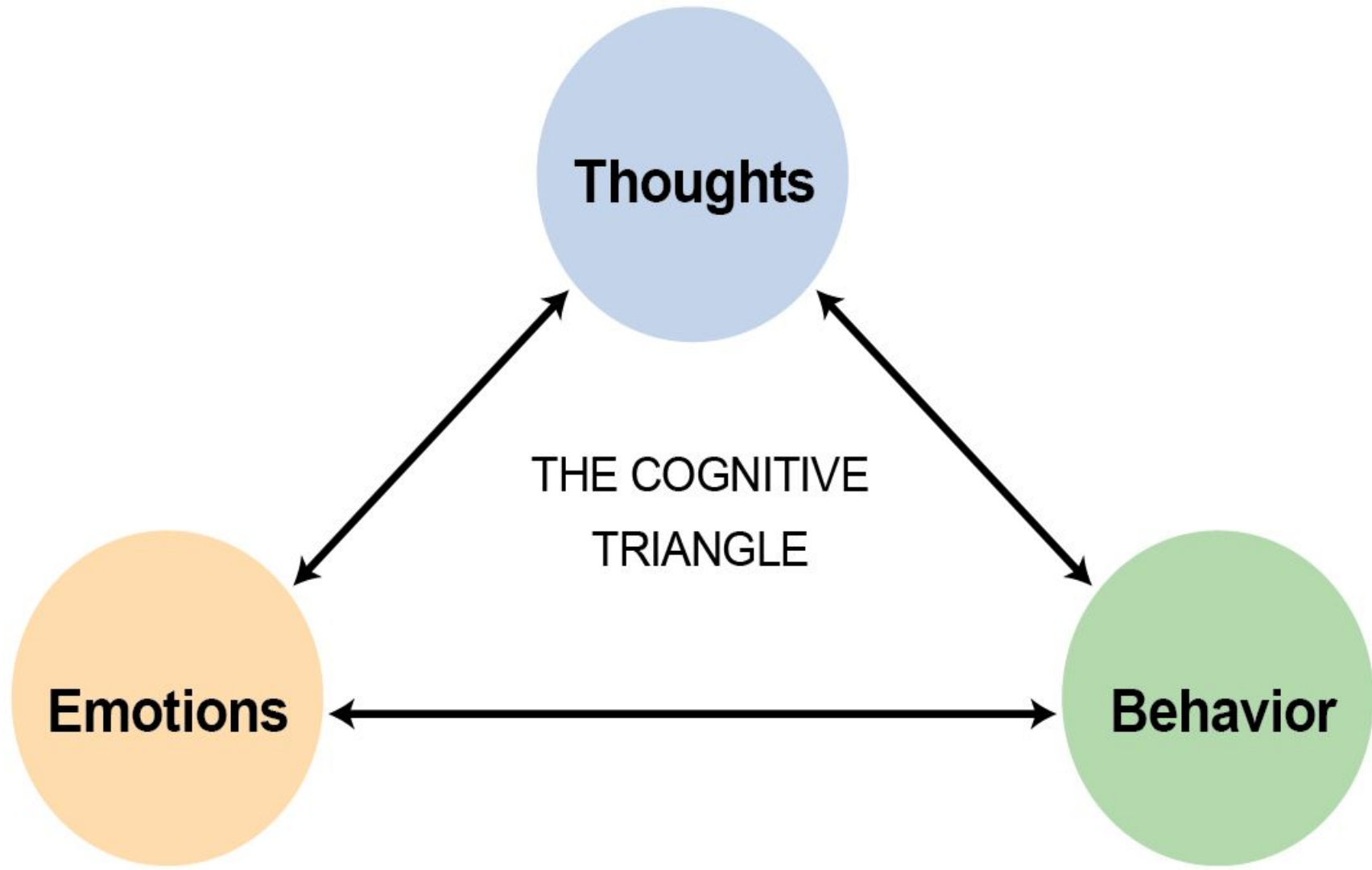
- Physical activity
- Breathing
- Positive social interaction
- Laughter
- Affection
- Cry
- Creative expression



3. Manage your Thoughts

- When something occurs in our environment, our brains immediately start to create narratives to explain the event.
- Thoughts aren't facts.
- They are constructs created in our brain.
- We think an average of 60,000 per day.
- Some are accurate and some are not.
- The problem is that we attach to them as though they are facts.





Strategy #3:

When you have a painful or distressing thought, ask yourself:

Is it accurate?

Is it helpful?

What would be more accurate, more helpful?

If you change the
way you look at things,
the things you look at
change.

-Wayne Dyer



4. Befriend your Emotions

Society teaches us that we only want to feel and express 'positive' emotions. I.e. social media

We are meant to hide, repress, avoid, and numb the 'negative' ones.

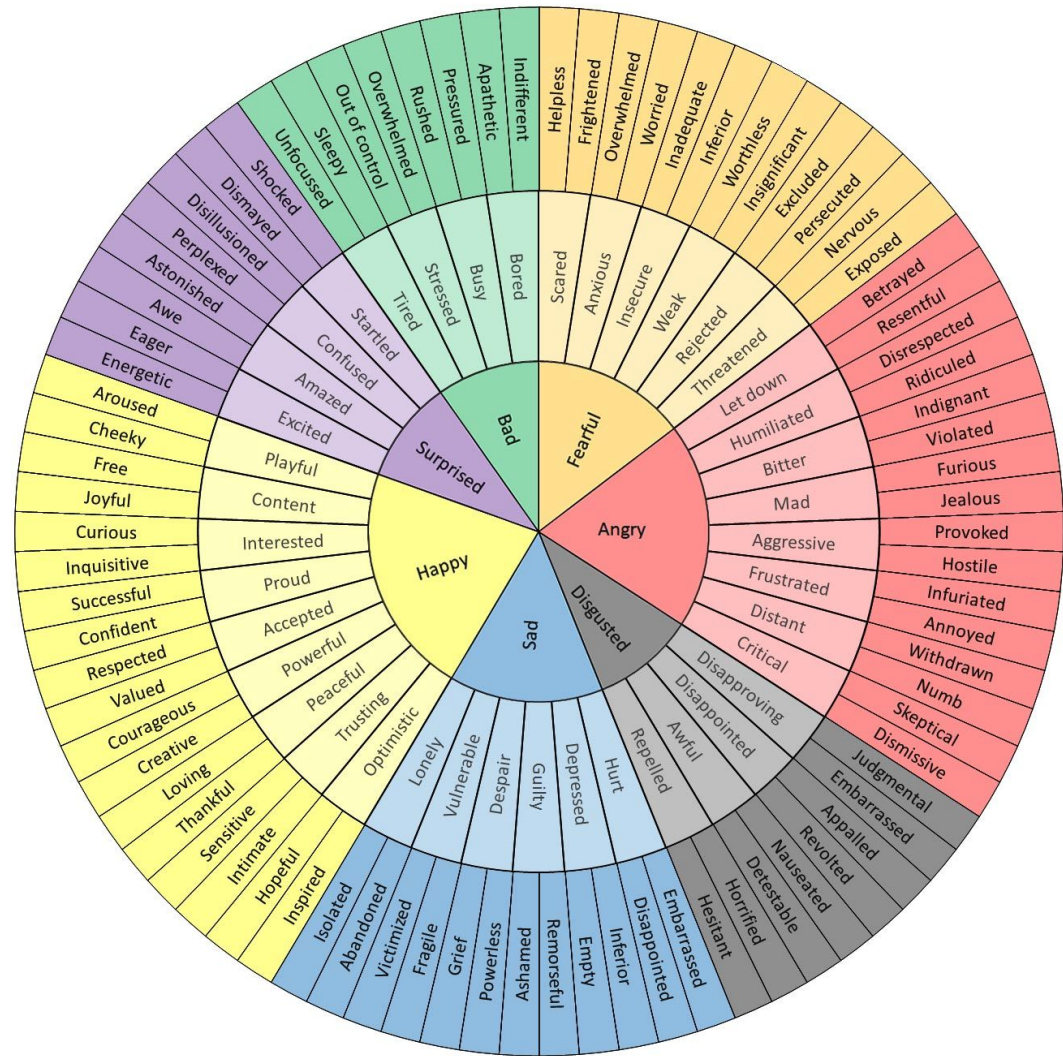


TRUTH:

- All emotions are normal and necessary.
- They are important sources of information and navigation for us.

The Wheel of Emotions:

- There are 7 primary emotions with dozens of variations
- Most people can only accurately identify 3 emotions as they are feeling them
- The arc of an emotion is about 90 seconds



Strategy #4:

- Sit quietly.
- Allow the emotion.
- Ask:

“What it is trying to tell me?”

“What action might I need to take?”



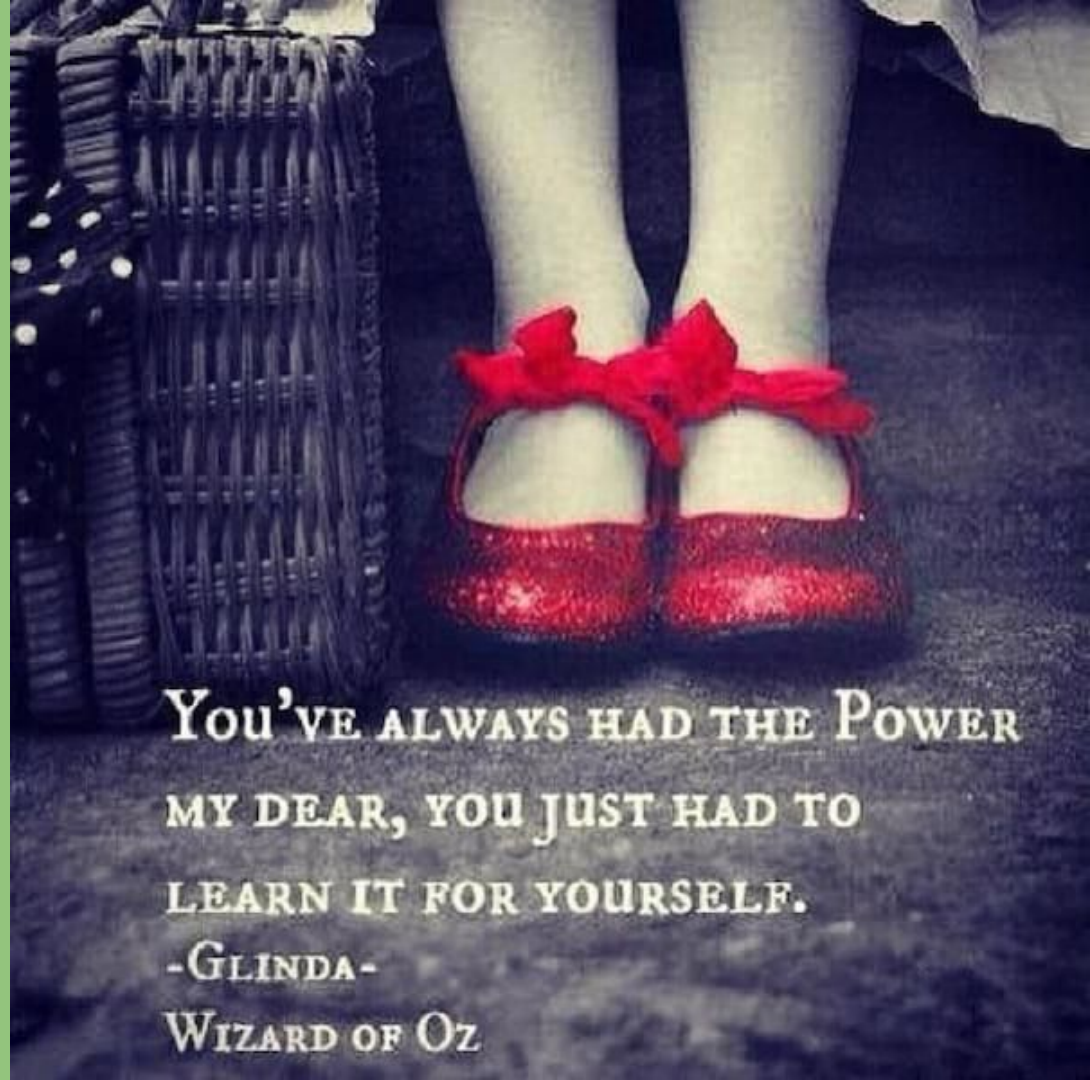
IF NOT YOU,
THEN WHO?

5. Give Yourself Permission

- Society teaches us that our worth is directly linked to how useful we are to others.
- Our brains are wired to seek love and approval for survival.
- We see self-care as selfish, but is actually VITAL.
- The healthier we are, the better we are at caring for others in a genuine way.
- It doesn't have to be all or nothing. We just have the balance WAY off.

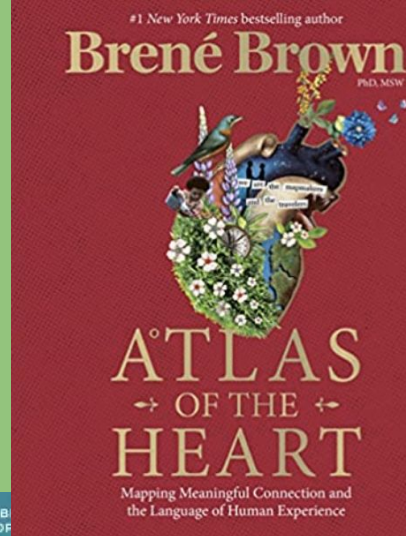
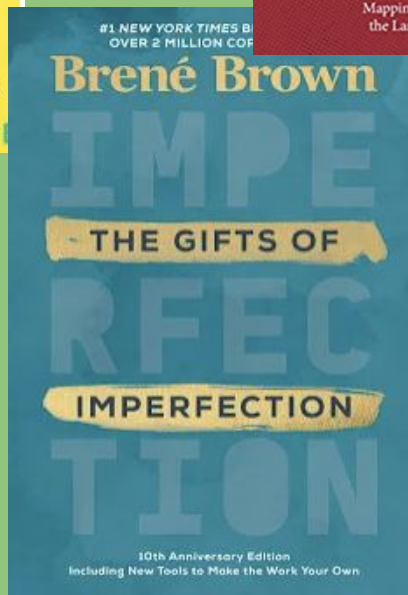
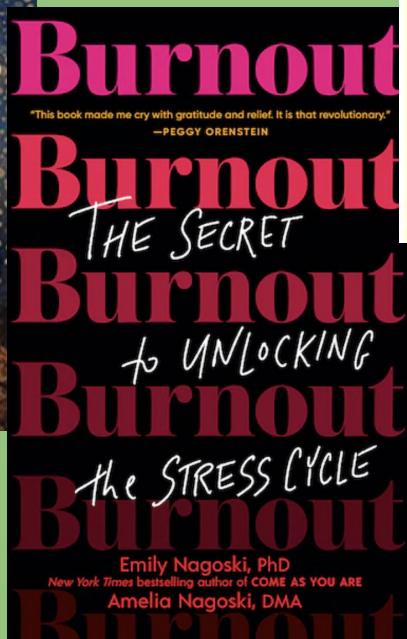
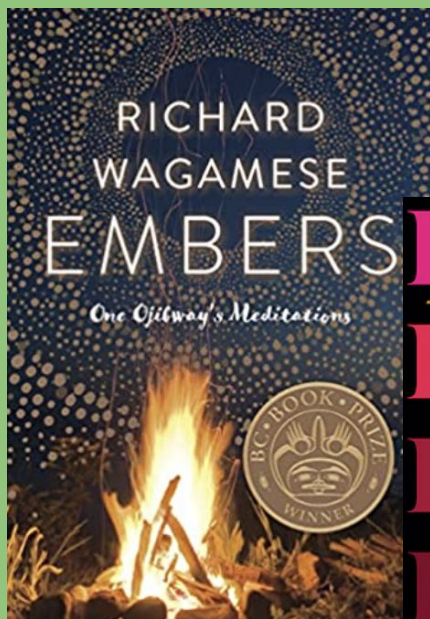
Strategy #5:

What feels like love?



YOU'VE ALWAYS HAD THE POWER
MY DEAR, YOU JUST HAD TO
LEARN IT FOR YOURSELF.
-GLINDA-
WIZARD OF OZ

Resources for you



If you like what you heard, come work with me!

- 1 on 1 life transformation coaching - marilyngreencoaching.com
- Follow me on FB, Instagram, Tiktok
[@marilyngreencoaching](https://www.instagram.com/marilyngreencoaching)
- Sign up for my newsletter by emailing me at marilyngreencoaching@gmail.com

