

Change Proof

and the Power of

Resilience



SPARK 2022

IGA NEPHROPATHY FOUNDATION

Adam Markel | July 25, 2022

**ADAM
MARKEL**

A stylized signature of Adam Markel in black ink.



Asia Lee

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MARKEL

Adam



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Adam





How do you
define

Resilience



change proof re·sil·ience

/CHānj/

/prōof/

/rə'zilyəns/

noun

“Leveraging

uncertainty as a catalyst
for long-term growth

SYLVESTER STALLONE ROCKY



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Resilience Is About How You Recharge, Not How You Endure

by [Shawn Achor](#) and [Michelle Gielan](#)

JUNE 24, 2016

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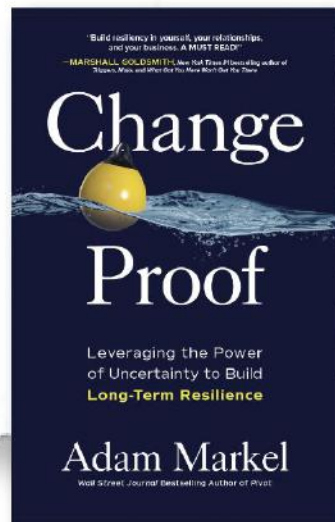
Harvard
Business
Review

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- Attention to health and good cardiovascular fitness
- Capacity to rapidly recover from stress
- A history of mastering challenges
- High coping self-efficacy—our belief in our own ability to succeed
- Disciplined focus on skill development
- Cognitive flexibility—the ability to reframe adversity in a positive light
- Positive emotion and optimism
- Loving caretakers and sturdy role models
- The ability to regulate emotions
- Strong social support
- Altruism—service
- Commitment to a valued cause or purpose
- Capacity to extract meaning from adverse situations
- Support from religion and spirituality

Mental	Emotional
Physical	Spirit



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Bounce *Forward*



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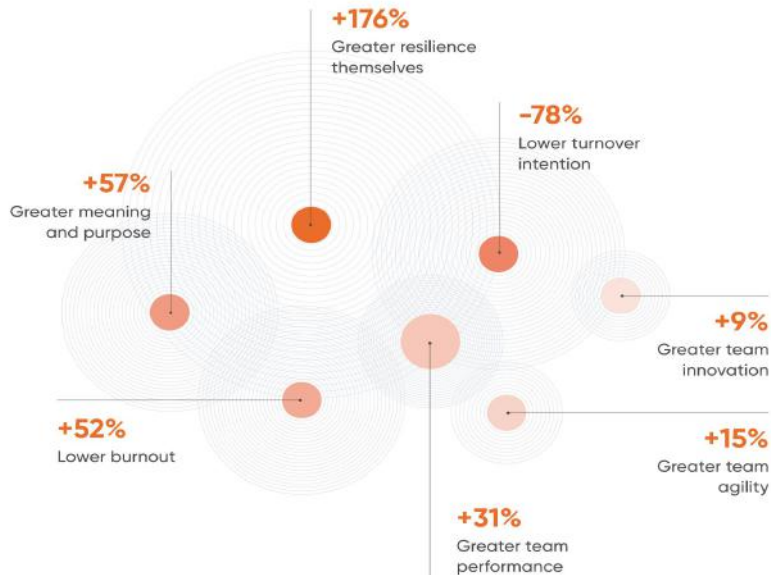
Impact

73%

Improved
Health

51%

More
Energy



57%

Meaning &
Purpose

52%

Lower
Burnout

Harris Poll

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#Resilience



Develop
resilience
before you
need it.

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A handwritten signature in red ink, appearing to read 'Adam', located below the name 'ADAM MARKEL'.



“

It's far easier to
prevent fatigue
than to *recover*
from it later.

What are some
signs of

Burnout



“

We must
Outperform
our challenges



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Stress

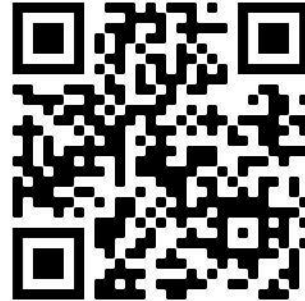
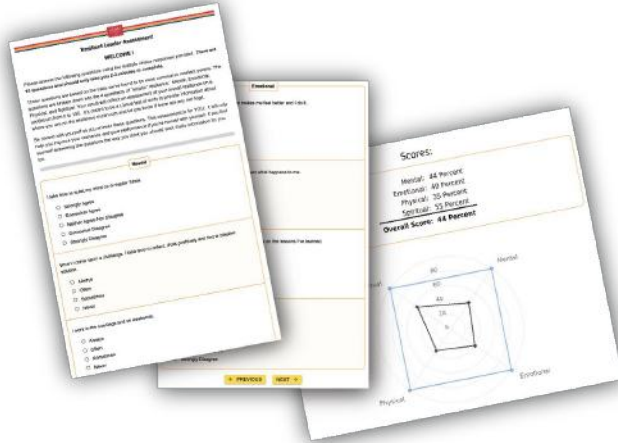


~~Strategy~~

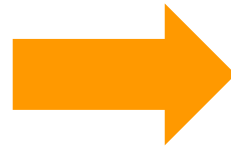
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RankMyResilience.com/IGANWarrior

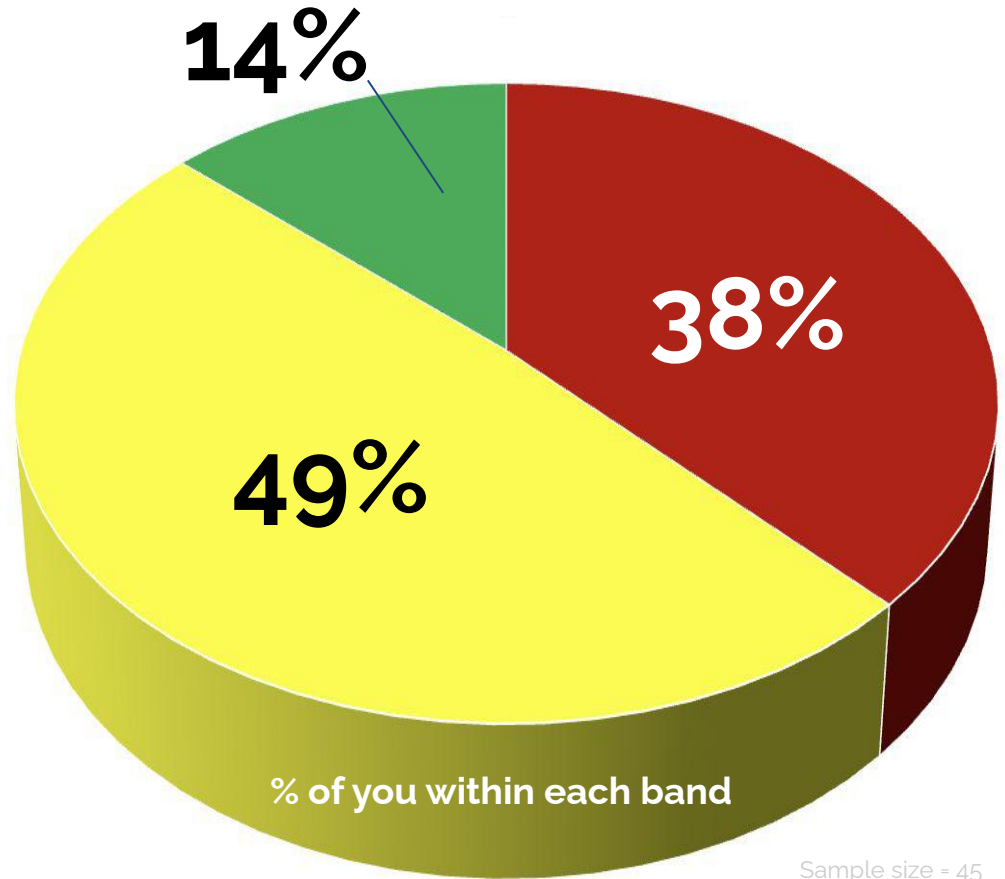


**Resilience
Assessment**



**Resilience
Kickstart Kit**

Overall
Resilience
Score
=
64



% of you within each band

Sample size = 45

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Qn	IGAN Warriors			
1	I take time to quiet my mind on a regular basis.	Mental	64	60
2	When I come upon a challenge, I take time to reflect, think positively and find a creative solution.			66
3	I work in the evenings and on weekends.			61
4	I overcome setbacks or difficult situations quickly.			69
5	When Im feeling down, I know what makes me feel better and I do it.	Emotional	73	74
6	I often feel like I have little or no control over what happens to me.			61
7	When I reflect on difficult times in my life, I focus on the lessons Ive learned.			81
8	I believe in and trust my own talents and solutions.			77
9	I regularly get at least seven to eight hours of sleep and wake up feeling refreshed.	Physical	50	57
10	I work out at least three times a week.			57
11	For meals, Ill settle for convenience versus looking for healthy options.			58
12	I am definitely one of those people that checks my phone A LOT during the day.			26
13	Im engaged in a livelihood that is in line with my core values and beliefs.	Spirit	68	81
14	There are significant gaps between what I say is most important in my life and how I actually allocate my time and energy.			57
15	I don't invest enough time and energy in making a positive difference to others or to the world.			69
16	I wake up in the morning excited for the day and with a sense of purpose.			63

Resilience



Sustainability

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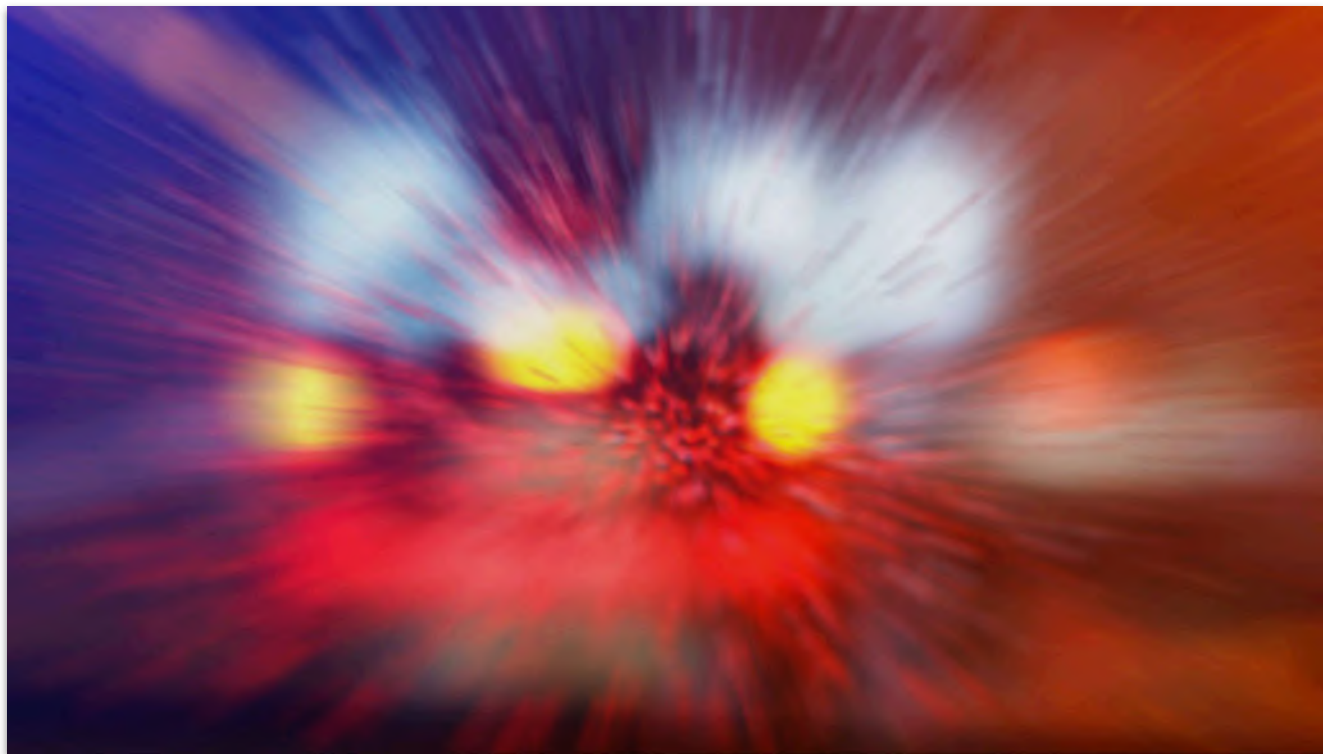


TEDx
South Lake Tahoe

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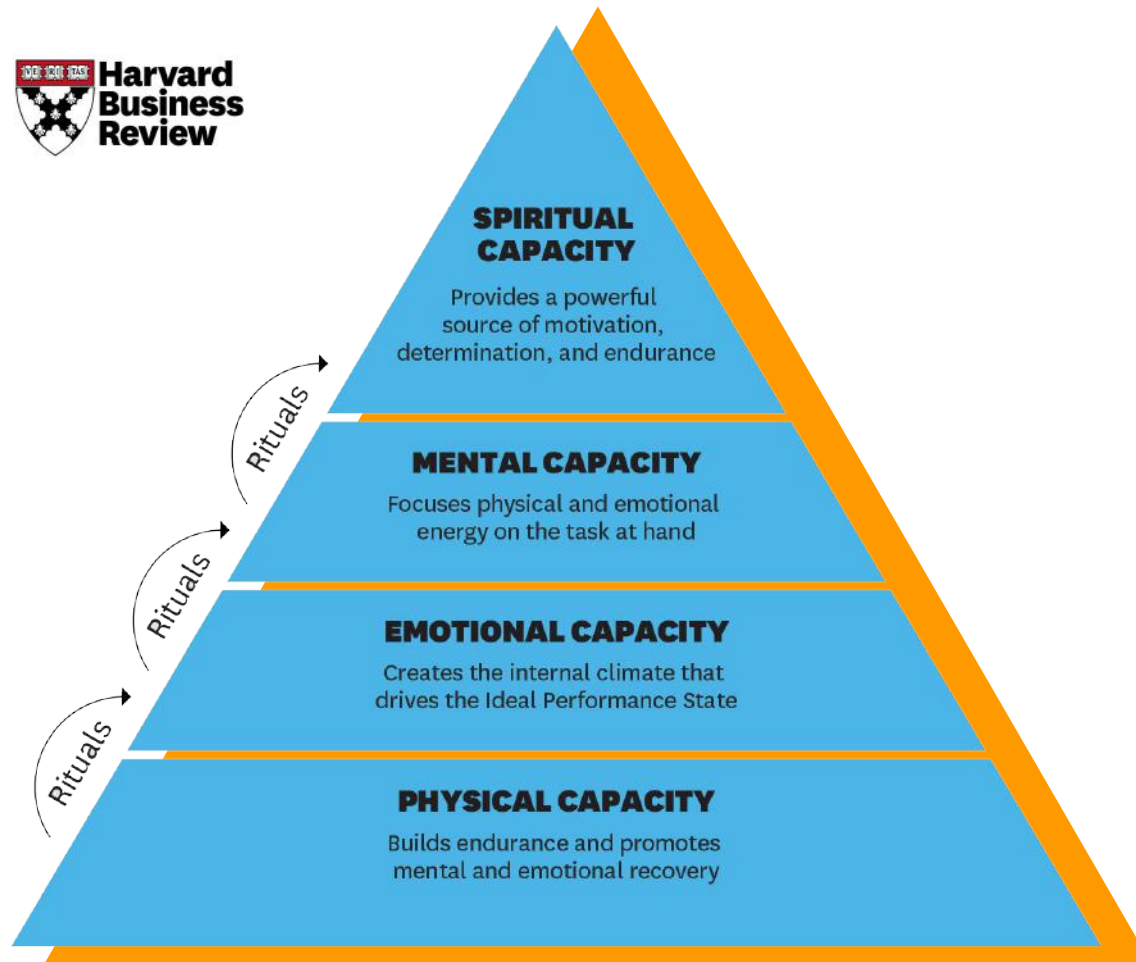
Adam Markel

Denise,
CEO





**Harvard
Business
Review**



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Mental

Mindset & Mental Balance

Emotional

Sense of Self, Engagement &
Adaptability

Resilience

Physical

Level of Physical Activity, Sleep,
Hydration, Nutrition, Etc.

Spirit

Values & Priorities Alignment

Denise's

Recovery

Map



Mental

10 minutes of morning
meditation

Emotional

Read 30 minutes before
bed vs. the news

Physical

Walk 20 minutes
during the day

Spirit

Restart knitting hobby

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A handwritten signature in blue ink, appearing to read 'Adam Markel'.



What does
*Meaningful
Recovery*
look like

\mathcal{E} -Zone

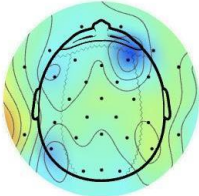
\mathcal{R} -Zone



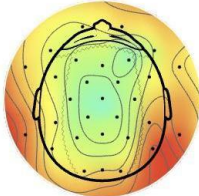
Toggle



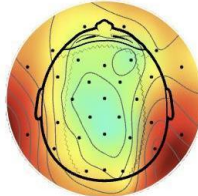
No Break



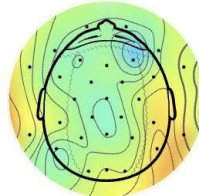
Meeting 1



Meeting 2

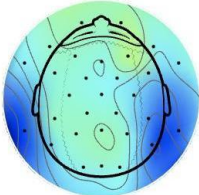


Meeting 3

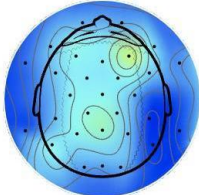


Meeting 4

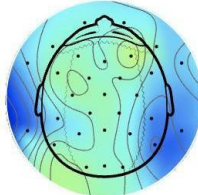
Break



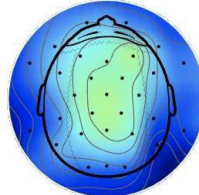
Meeting 1



Meeting 2



Meeting 3



Meeting 4

Your Brain...

On Breaks



Average beta activity across research subjects
during four meetings



Less stress

More stress

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Toggle



Menu

10-60 seconds

- Box Breathing
- **10-Second Reset**
- Gratitude Practices
- Ear | Hand Massage
- H2O Flush (Apple Cider Vinegar)
- Supplementation (Vitamin C, Zinc, Omega 3 Fatty Acids)
- Wearables (Fitbit)
- **Percussive Therapy Device**

10-30 minutes

Sweet Spot

- Rising Rituals
- 10 Minute Abs url
- Legs Up The Wall (Nap)
- Quiet Time (meditation, gratitude, prayer)
- Eat & Chew Slowly
- **Walk After Meals 20 Min**
- Swim | Yoga | Hot tub
- **CranioCradle**
- Natural light (Vitamin D)

Longer

- Use PTO!
- Mediterranean Diet / Intermittent Fasting
- Yoga
- **"Do Not Disturb" Periods**
- Infrared Sauna
- Reconnect with Others
- Habit Stacking
- **Schedule Recovery Time**



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What gives you
Energy



Mental

Shorter

- Aromatherapy
- Box breathing

Longer

- Meditate
- 25 min. walk

Emotional

Shorter

- Gratitude Practice
- Letting Go Process

Longer

- Schedule Connection Time
- Celebrate a Success

Physical

Shorter

- Full Glass of H₂O
- Percussive Therapy

Longer

- Phone Fast
- Legs Up the Wall

Spirit

Shorter

- Set an Intention
- Review Priorities

Longer

- Passion Project
- Volunteer Service

CONSCIOUSNESS

Scientists Show How Gratitude Literally Alters The Human Heart & Molecular Structure Of The Brain



“... the Gratitude Group...”

- felt better about their lives
- were a full 25% happier
- reported fewer health complaints
- exercised more (an average of 1.5 hours)

UC DAVIS
UNIVERSITY OF CALIFORNIA



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Creating
a 10-second
State Change



What's your **10-Second** *State Change?*

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Adam

Creating
a 10-second
State Change



I am



Previsional *Gratitude*

Be grateful for things as
though they have already
occurred.

Code of Conduct

- Adam Markel

I experience gratitude today
I experience a positive & harmonious attitude today
I experience myself adding value to other people's lives
I experience a peaceful, easy feeling today
I experience myself living by a higher standard today
I experience living in absolute integrity and kindness today
I experience having faith in my faith today
I experience myself creating solutions today
I experience living with a fearless heart today
I experience myself feeling the presence of God today
I experience myself being healthy, wealthy and wise
I experience, receive and manifest miracles today
I experience forgiveness today

Creating Your *Code*

"I *experience* _____ today"

"I *experience* _____ today"

"I *experience* _____ today"

"I *experience* _____ today"

Create your
Recovery
Zones

Mental

Emotional

Physical

Spirit

...what 1 change can you *commit* to?

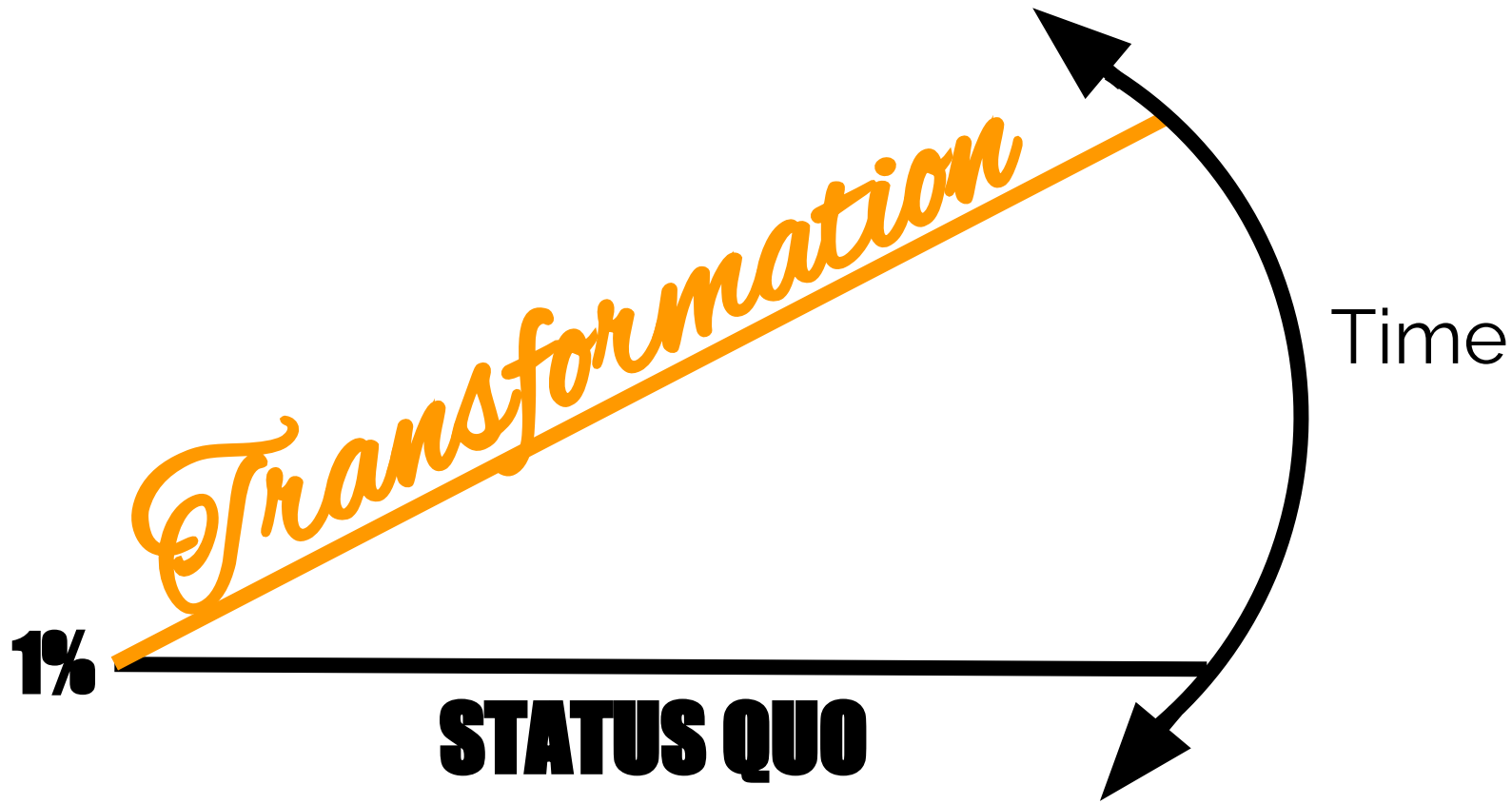
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What does
Meaningful
Change
look like



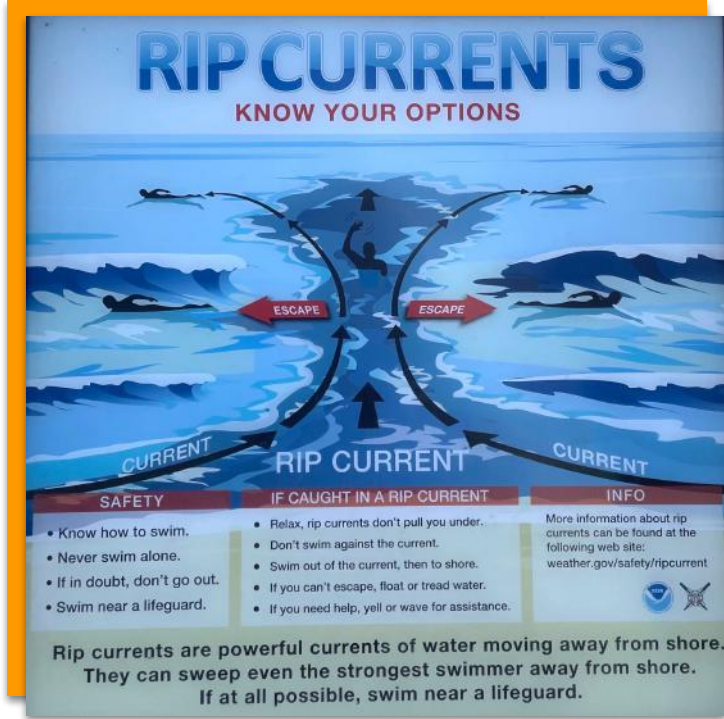


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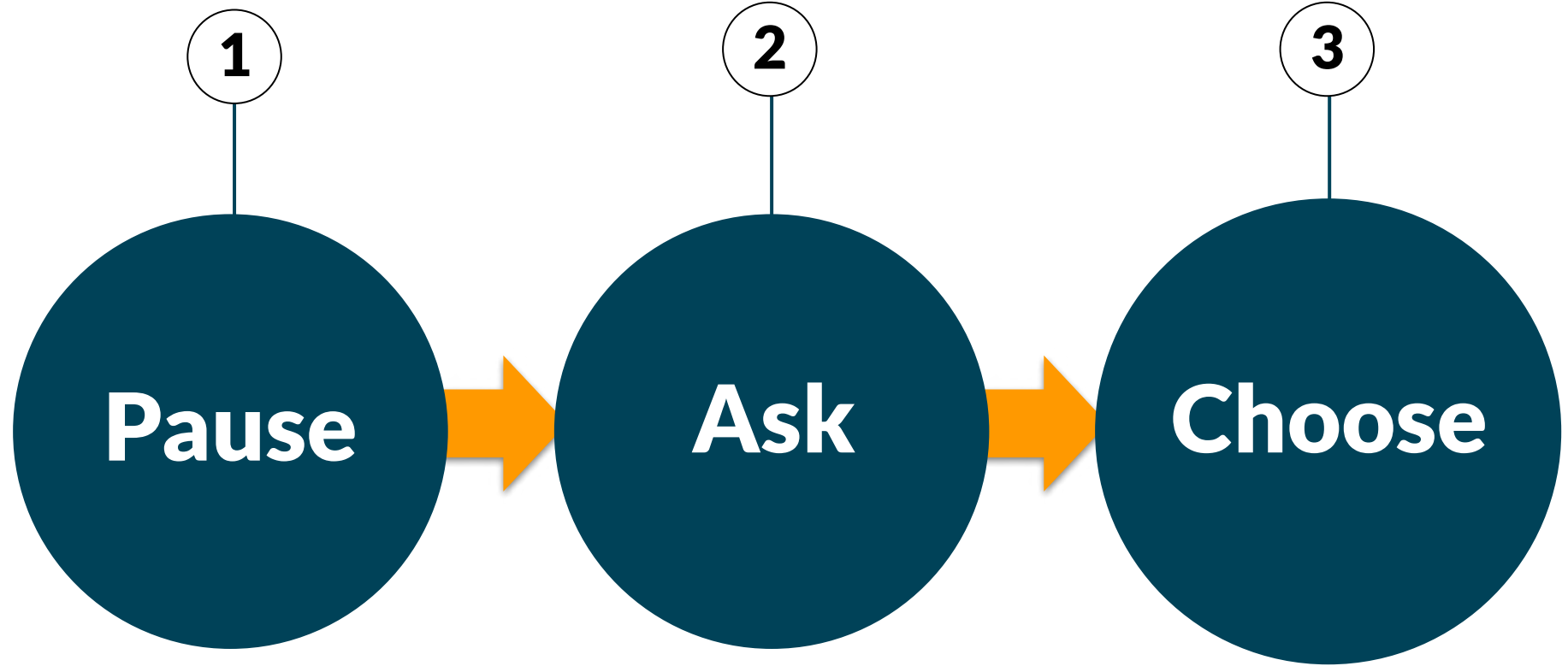
Choose *Change*
Before Change
Chooses *You*

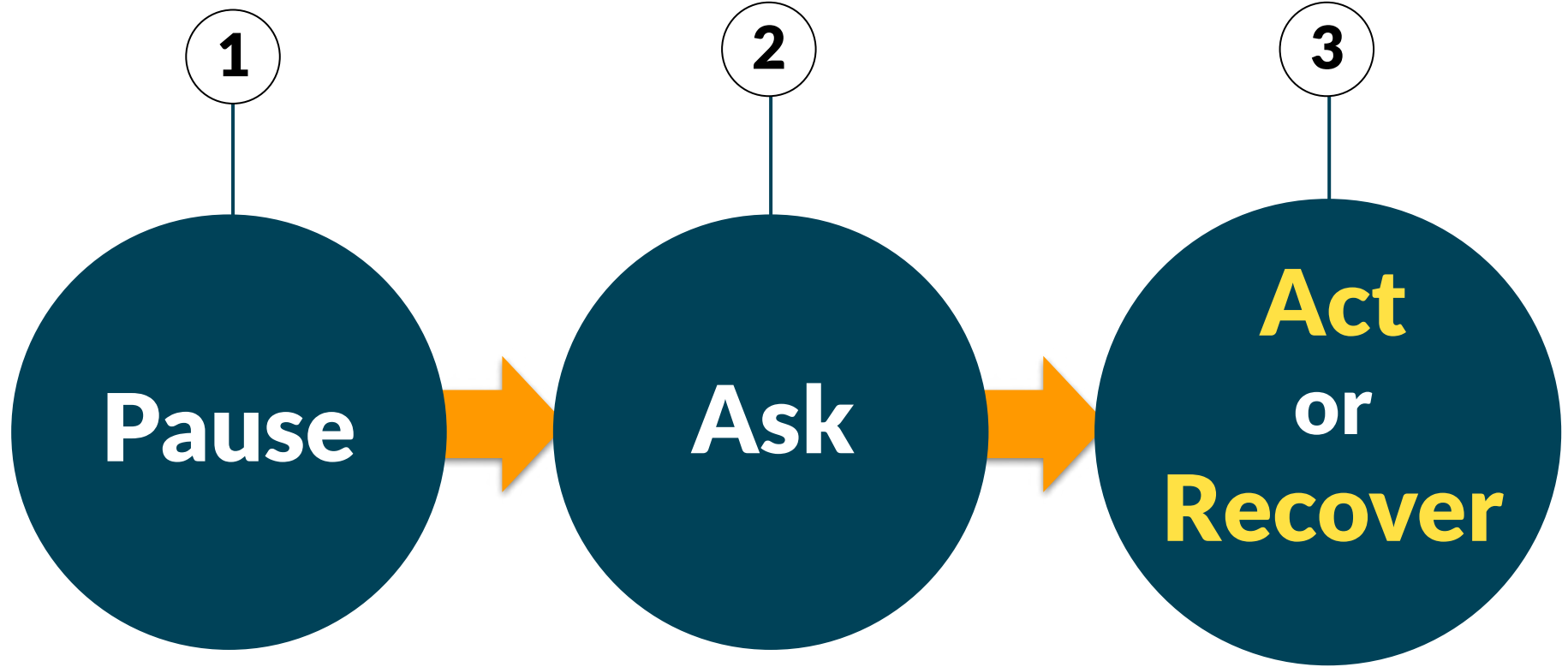


Handling the *Rip Currents* of Uncertainty



1. **Relax and breathe** (rip currents of change don't pull you under)
2. **Don't swim against the current** (that will just exhaust you)
3. **Pivot** (take a different tack and swim perpendicular to the current)
4. **Just float and ride with it** (conserve your energy to swim when the current releases you)
5. **Ask for help** (If you need help, ask for it clearly (don't try to go it alone or keep silent))







The New York Times

By Blair Braverman



You can't make a sled dog run 100 miles. But if she knows you've

got her back,

she'll run

because she wants to,

because she burns to, and she'll bring you along for the ride.

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What does it look like to

*Have Each
Other's Back*

Got Your Back Partners



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What
are you doing?

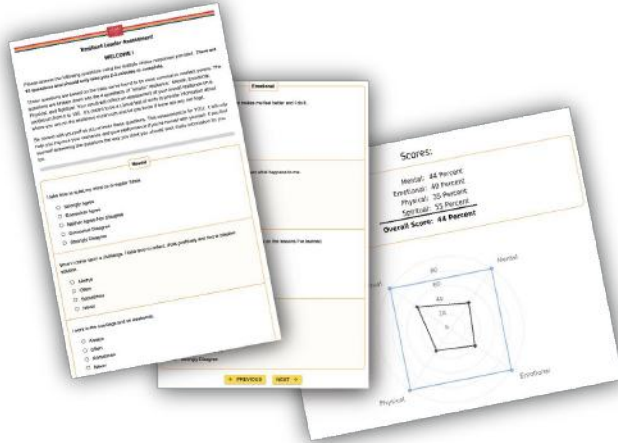
Resilience GROWS *Resilience*



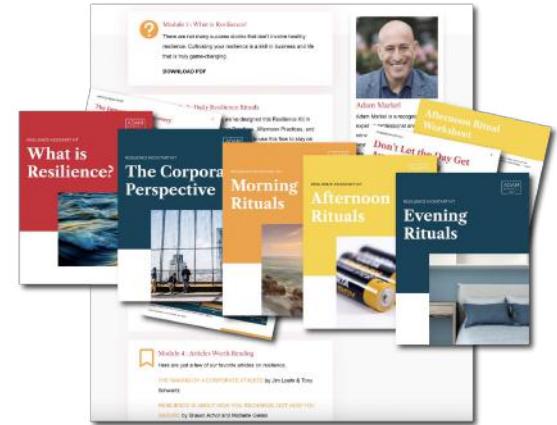
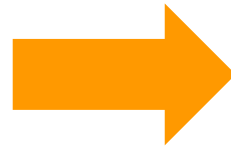
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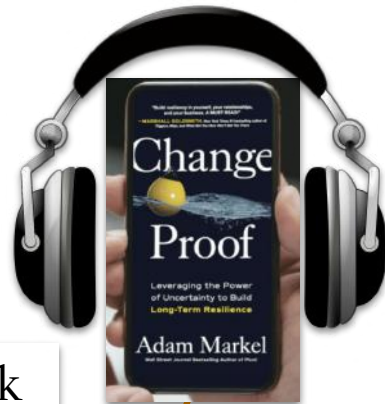
**Resilience
Assessment**



**Resilience
Kickstart Kit**



A Gift from



Walk
with
Adam



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Thank You



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FOUNDATION**

Dedicated to finding a cure.

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