Change Proof

and the Power of

Resilience

SPARK 2022
IGA NEPHROPATHY FOUNDATION

Adam Markel | July 25, 2022
How do you define Resilience?
Leveraging uncertainty as a catalyst for long-term growth
Resilience Is About How You Recharge, Not How You Endure

by Shawn Achor and Michelle Gielan

JUNE 24, 2016
- 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
Bounce Forward
73% Improved Health

51% More Energy

57% Meaning & Purpose

52% Lower Burnout

+176% Greater resilience themselves

+57% Greater meaning and purpose

-78% Lower turnover intention

+52% Lower burnout

+9% Greater team innovation

+31% Greater team performance

+15% Greater team agility
Develop resilience before you need it.
It's far easier to **prevent fatigue** than to **recover** from it later.
What are some signs of Burnout?
We must Outperform our challenges
Stress Strategy
RankMyResilience.com/IGANWarrior

Resilience Assessment

Resilience Kickstart Kit
Overall Resilience Score = 64

Sample size = 45
<table>
<thead>
<tr>
<th>Qn</th>
<th>Statement</th>
<th>Mental</th>
<th>Emotional</th>
<th>Physical</th>
<th>Spirit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I take time to quiet my mind on a regular basis.</td>
<td>60</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>When I come upon a challenge, I take time to reflect, think positively and find a creative solution.</td>
<td>64</td>
<td>66</td>
<td>61</td>
<td>69</td>
</tr>
<tr>
<td>3</td>
<td>I work in the evenings and on weekends.</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>4</td>
<td>I overcome setbacks or difficult situations quickly.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>When Im feeling down, I know what makes me feel better and I do it.</td>
<td></td>
<td>74</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>I often feel like I have little or no control over what happens to me.</td>
<td></td>
<td>61</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>When I reflect on difficult times in my life, I focus on the lessons I’ve learned.</td>
<td></td>
<td></td>
<td></td>
<td>81</td>
</tr>
<tr>
<td>8</td>
<td>I believe in and trust my own talents and solutions.</td>
<td></td>
<td></td>
<td>77</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>I regularly get at least seven to eight hours of sleep and wake up feeling refreshed.</td>
<td></td>
<td></td>
<td></td>
<td>57</td>
</tr>
<tr>
<td>10</td>
<td>I work out at least three times a week.</td>
<td></td>
<td></td>
<td></td>
<td>57</td>
</tr>
<tr>
<td>11</td>
<td>For meals, Ill settle for convenience versus looking for healthy options.</td>
<td></td>
<td></td>
<td></td>
<td>58</td>
</tr>
<tr>
<td>12</td>
<td>I am definitely one of those people that checks my phone A LOT during the day.</td>
<td></td>
<td></td>
<td></td>
<td>26</td>
</tr>
<tr>
<td>13</td>
<td>Im engaged in a livelihood that is in line with my core values and beliefs.</td>
<td></td>
<td></td>
<td></td>
<td>81</td>
</tr>
<tr>
<td>14</td>
<td>There are significant gaps between what I say is most important in my life and how I actually allocate my time and energy.</td>
<td></td>
<td></td>
<td></td>
<td>57</td>
</tr>
<tr>
<td>15</td>
<td>I don’t invest enough time and energy in making a positive difference to others or to the world.</td>
<td></td>
<td></td>
<td></td>
<td>69</td>
</tr>
<tr>
<td>16</td>
<td>I wake up in the morning excited for the day and with a sense of purpose.</td>
<td></td>
<td></td>
<td></td>
<td>63</td>
</tr>
</tbody>
</table>
Denise,
CEO

CASE STUDY
SPIRITUAL CAPACITY
Provides a powerful source of motivation, determination, and endurance

MENTAL CAPACITY
Focuses physical and emotional energy on the task at hand

EMOTIONAL CAPACITY
Creates the internal climate that drives the Ideal Performance State

PHYSICAL CAPACITY
Builds endurance and promotes mental and emotional recovery
Mental
Mindset & Mental Balance

Emotional
Sense of Self, Engagement & Adaptability

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
What does Meaningful Recovery look like?
Your Brain... On Breaks

Average beta activity across research subjects during four meetings

Less stress  More stress
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
- 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

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)
What gives you Energy?
<table>
<thead>
<tr>
<th>Mental</th>
<th>Emotional</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shorter</strong></td>
<td><strong>Longer</strong></td>
</tr>
<tr>
<td>● Aromatherapy</td>
<td>● Meditate</td>
</tr>
<tr>
<td>● Box breathing</td>
<td>● 25 min. walk</td>
</tr>
<tr>
<td>● Gratitude Practice</td>
<td>● Letting Go Process</td>
</tr>
<tr>
<td>● Meditate</td>
<td>● Schedule Connection Time</td>
</tr>
<tr>
<td>● Letting Go Process</td>
<td>● Celebrate a Success</td>
</tr>
<tr>
<td>● 25 min. walk</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical</th>
<th>Spirit</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shorter</strong></td>
<td><strong>Longer</strong></td>
</tr>
<tr>
<td>● Full Glass of H2O</td>
<td>● Phone Fast</td>
</tr>
<tr>
<td>● Percussive Therapy</td>
<td>● Legs Up the Wall</td>
</tr>
<tr>
<td>● Phone Fast</td>
<td>● Set an Intention</td>
</tr>
<tr>
<td>● Legs Up the Wall</td>
<td>● Review Priorities</td>
</tr>
<tr>
<td>● Set an Intention</td>
<td>● Passion Project</td>
</tr>
<tr>
<td>● Review Priorities</td>
<td>● Volunteer Service</td>
</tr>
<tr>
<td>● Passion Project</td>
<td></td>
</tr>
<tr>
<td>● Volunteer Service</td>
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</table>
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)
What’s your 10-Second State Change?
Creating a 10-second State Change

What’s your 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
"I experience ______ today"
Create your Recovery Zones

...what 1 change can you commit to?
### Resilience Recovery Zones

**Mental**
- 1 day
- One Small Change

**Emotional**
- 1 day
- One Small Change

**Physical**
- 3 days
- One Small Change

**Spiritual**
- 3 days
- One Small Change

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**RankMyResilience.com/ZONES**

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**QR Code**
What does Meaningful Change look like?
Transformation

STATUS QUO

1%

Time
Choose Change
Before Change Chooses You
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))
Pause

Ask

Choose
1. Pause
2. Ask
3. Act or Recover
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.
What does it look like to **Have Each Other’s Back**?
Got Your Back Partners
"How you doin'?"
What are you doing?
A Gift from Adam Markel

Walk with Adam

Change Proof
Leveraging the Power of Uncertainty to Build Long-Term Resilience

Adam Markel

QRCODE
Thank You

IGA NEPHROPATHY FOUNDATION

Dedicated to finding a cure.