BUILDING WELLNESS AND RESILIENCE: An Integrative Approach

Presented by:

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Morning Light Counseling
Sandy, Utah

MorninglightCounseling.com
CounselingLibrary.org
MorninglightMusic.org
I am come that they might have life, and that they might have it more abundantly.

–John 10:10
Rather than just helping people simply become “less depressed” or “less dysfunctional,”

Positive Psychology seeks to help people

—— “Flourish” ——

—to live a life of joy, meaning, resilience, compassion, and strength – in good times, and in challenging times.
We end this introduction by hazarding a prediction about psychology in the new century: We believe that a psychology of positive human functioning will arise that achieves a scientific understanding and effective interventions to build thriving in individuals, families, and communities.

You may think that this is pure fantasy. You may think that psychology will never look beyond the victim, the underdog, and the remedial, but we want to suggest that the time is finally right for positive psychology.

We predict that positive psychology in this new century will allow psychologists to understand and build those factors that allow individuals, communities, and societies to flourish.
Flourish

A Visionary New Understanding of Happiness and Well-being

MARTIN E.P. SELIGMAN

BESTSELLING AUTHOR OF AUTHENTIC HAPPINESS
Mental Health Spectrum

(Well-being Institute, University of Cambridge, 2011)
Moving the population towards flourishing

Source: Felicia Huppert, Cambridge Wellbeing Institute
These things have I spoken unto you, that my joy might be in you, and that your joy might be full. – Jn. 15:11
These things have I spoken unto you, that in me ye might have peace.

In the world ye shall have tribulation, but be of good cheer; I have overcome the world. – Jn. 16:33
“In all these things, we are more than conquerors, through him that loved us.”

-- Romans 8:37
Components of Wellness and Resilience

Or... of disease and disruption
And Jesus increased in wisdom and stature, and in favor with God and man.

1. Relationships

Triggers:
- Grief
- Transition
- Conflict
- Lack Interpersonal Skills
- Abuse
- Loss
- Disappointment
1. Relationships

2. Thoughts
1. Relationships

2. Thoughts

3. Behavior
THE DIAMOND

1. Relationships

2. Thoughts

3. Behavior

4. Spirituality
THE DIAMOND

1. Relationships

2. Thoughts

3. Behavior

4. Spirituality
1. Relationships
- Attack / Criticize
- Withdraw / Avoid

2. Thoughts

3. Behavior

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1. Relationships
2. Thoughts
3. Behavior
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Identify
1. Relationships
   - Identify
   - Replace
   - Assimilate

2. Thoughts

3. Behavior

4. Spirituality
THE DIAMOND

1. Relationships
   - Identify
   - Replace
   - Assimilate

2. Thoughts

3. Behavior

4. Spirituality
A treatment strategy (applied in therapy and/or self-guided bibliotherapy) designed to help people recognize and eliminate negative thinking patterns that contribute to emotional distress.
The Cognitive Triad

Negative Thoughts About:

- Oneself
- The World
- The Future
When upset, Write:

1) Situation (including day, date, time, place)
2) Feelings (1: Name; 2: Rate Intensity 1-10)
3) Thoughts
4) Identify Distortions in Thoughts
5) Replace Distortions with Positive Beliefs
The 3 P’s of Pessimism:

Optimistic Mindset:

Temporary
“This too shall pass.”

Specific
“It’s just limited to this one thing.”

Multiple Causes
“There’s lots of things causing this.”

Permanent
“It’s not just for now, it’s forever.”

Pervasive
“It’s not just this, it’s everything.”

Personal
“It’s about me.”
Add layers of unnecessary absolutely optional pain.

Escalate and maintain depression, anxiety, anger, marital disruption, etc.

Can absolutely be removed and replaced – but this requires learning and effort over time.

Cognitive Distortions:

1) All-Or-Nothing Thinking
2) Overgeneralization
3) Mental Filter
4) Discounting the Positive
5) Jumping to Conclusions
6) Magnification
7) Emotional Reasoning
8) Should Statements
9) Labeling
10) Blame / Self-Blame

(“Ten Forms of Twisted Thinking”)
Time Management Strategies
Time Management Strategies

- Lifebalance (Linda and Richard Eyre) – Work, Family, Self
Time Management Strategies

- **Lifebalance** *(Linda and Richard Eyre)* – Work, Family, Self

- **4 Quadrants:** *(Stephen R. Covey)*
  
<table>
<thead>
<tr>
<th>Quadrant</th>
<th>Description</th>
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<tr>
<td>1</td>
<td>Urgent and important</td>
</tr>
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<td>Urgent, but not important</td>
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Lifebalance (Linda and Richard Eyre) – Work, Family, Self

4 Quadrants: (Stephen R. Covey)

1 – Urgent and important
2 – Not urgent, but important
3 – Urgent, but not important
4 – Not urgent, and not important

Saw Sharpening: (Stephen R. Covey)
Strategic rest/renewal between work periods
The brain, like the heart, is a *physical organ*.

It needs the same kind of supplies and processes to function properly. So...

What helps your body, helps your brain.
What hurts your body, hurts your brain.
Any car manufacturer knows what kind of fuel is needed for effective performance.

Even the finest quality vehicle will sputter and fail if deprived of the proper fuel.

Your brain is no different!
The Word of Wisdom: A Brief Summary

Forbidden
# The Word of Wisdom: A Brief Summary

<table>
<thead>
<tr>
<th>Forbidden</th>
<th>Recommended</th>
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</table>

- Forbidden: Tobacco, Alcohol, Caffeine
- Recommended: Fruits, Vegetables, Whole Grains
# The Word of Wisdom: A Brief Summary

<table>
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- Forbidden: Alcoholic beverages, tobacco, caffeine-rich drinks, sugary foods and drinks.
- Not Mentioned: Chocolate, fruits, vegetables, grains, nuts, lean meats.
- Recommended: A diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats.
The Word of Wisdom: A Brief Summary

Not Mentioned
The Word of Wisdom: A Brief Summary

Promised Blessings for Obedience:

- **Health:** “Health in their navel, and marrow in their bones.”

- **Wisdom/Knowledge/Revelation:** “Wisdom and great treasures of knowledge, even hidden treasures.”

- **Energy:** “Shall run and not be weary, and shall walk and not faint.”

- **Protection:** “The destroying angel shall pass by them, ... and not slay them.”
The Word of Wisdom: A Brief Summary

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Recommended
President Benson on Food, Health, and Depression:
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“Food can affect the mind, and deficiencies in certain elements in the body can promote mental depression.

“In general, the more food we eat in its natural state, and the less it is refined, without additives, the better it will be for us.”
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“In general, the more food we eat in its natural state, and the less it is refined, without additives, the better it will be for us.”

**Sept. 1979, “In His Steps” (BYU):**

“To a significant degree, we are an overfed and undernourished nation digging an early grave with our teeth, and lacking the energy that could be ours because we overindulge in junk foods.”
If it didn’t have a mother, and it didn’t grow from the ground, DON’T EAT IT!

--Jillian Michaels, “Master Your Metabolism,” p. 86
"If man made it, I don't eat it!"  

At age 71; Died age 96.  

-- Jack LaLanne
Circadian Rhythms: Sleeping

When the sun is up, You’re up.

When the sun is down, You’re down.

Optimal repair hours: 11 pm – 1 am
1) **Appropriation** *(eating and digestion)* 11 am - 7 pm
2) **Assimilation** *(absorption and use)* 7 pm - 3 am
3) **Elimination** *(of body wastes and food debris)* 3 am - 11 am
Exercise: Does a Body Good, Does a Brain Good!

Also NEA (Non-Exercise Activity)
THROW AWAY

GIVE AWAY

PUT AWAY
Gratitude Journal
Be Fully Here
Otherwise known as:
Otherwise known as:

**MINDFULNESS**
Otherwise known as:

MINDFULNESS

(Being where you are while you are there.)
## Mosaic Timeline

<table>
<thead>
<tr>
<th>Year / Age</th>
<th>Events</th>
<th>Challenges</th>
<th>Blessings</th>
<th>Lessons</th>
<th>Products</th>
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## Self Knowledge

- **HSP** (Highly Sensitive Person Test)
- **MBTI** (16 personalities.com)
- **VIA** Survey of Character Strengths
Personality differences

- E - Extrovert
- I - Introvert
- S - Sensor
- N - Intuitive
- T - Thinker
- F - Feeler
- J - Judger
- P - Perceiver

Kiersey and Bates, “Please Understand Me;” MBTI (Myers-Briggs)
Music / Media Toolkit

Nature Immersion

Letting Go
Moving Beyond Past Troubles: The 4 F’s

- Face: …the reality of the situation and its consequences.
- Feel: …your feelings about the situation – all of them.
- Free: …yourself from thoughts and behaviors that make things worse.
- Find: …yourself, God, and others more deeply through the experience.
Steps of Relationship Building:

- 1 – Time
- 2 – Talk
- 3 – Trust
- 4 – Touch
Steps of Relationship Erosion:

- 1 – Time Erosion
- 2 – Talk Erosion
- 3 – Trust Erosion
- 4 – Touch Erosion
Steps of Relationship Repair:

- 1 – Time Repair
- 2 – Talk Repair
- 3 – Trust Repair
- 4 – Touch Repair
Keeping Balance: The “Me-O-Meter”

“Love thy neighbor as thyself”

My Needs

Others’ Needs
Trust Bank Account
## Communication Styles

<table>
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<tr>
<th></th>
<th>Aggressive</th>
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<tr>
<td><strong>Who’s important:</strong></td>
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<td><strong>Speaking</strong></td>
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<td>Speak very softly or not at all. Adjust views to fit others’ needs.</td>
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<td>Listen long enough to develop rebuttal/crush opposition</td>
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<td>Accept, comply, agree, submit, obey, believe, not question</td>
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Style 1: Bonding Talk
Style 2: Strategy Talk
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This slide features two images: one of a bonding talk scenario with women sharing coffee, and another of a strategy talk scenario with men working at a desk.
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<td><strong>Eye Contact:</strong> Close &amp; continuous, drawing out deep unspoken feelings.</td>
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<td><strong>Duration:</strong> Long and lingering, to strengthen the relationship.</td>
<td><strong>Duration:</strong> Short and efficient, to solve the problem and move on.</td>
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Reach Out

> In Need
> In Friendship
> In Service
The goal in a healthy relationship is not to think *alike*,
but to think *together*.
Our world has always been, and will continue to be, imperfect. Far too many innocent people suffer because of circumstances of nature as well as from man’s inhumanity. The corruption and wickedness in our day are unique and alarming.

But in spite of all this, I wouldn’t trade living in this time with any other time in the history of the world.

We are blessed beyond measure to live in a day of unparalleled prosperity, enlightenment, and advantage. Most of all, we are blessed to have the fulness of the gospel of Jesus Christ, which gives us a unique perspective on the world’s dangers and shows us how to either avoid these dangers or deal with them.

When I think of these blessings, I want to fall to my knees and offer praises to our Heavenly Father for His never-ending love for all of His children.

- President Dieter F. Uchtdort, April 2017
“Perfect Loving Casteth Out Fear”
“In all these things, we are more than conquerors, through him that loved us.”

-- Romans 8:37