

MAYO  
CLINIC



# **Stress Management and Resiliency Training**

**Debbie Fuehrer**

**Pam Whitfield**



# BRAIN QUIZ

Our brains struggle with ...

**FOCUS**

**FATIGUE**

**FEAR**

# \* Even Worse



PARENTS

FINANCES

HOME

WORK

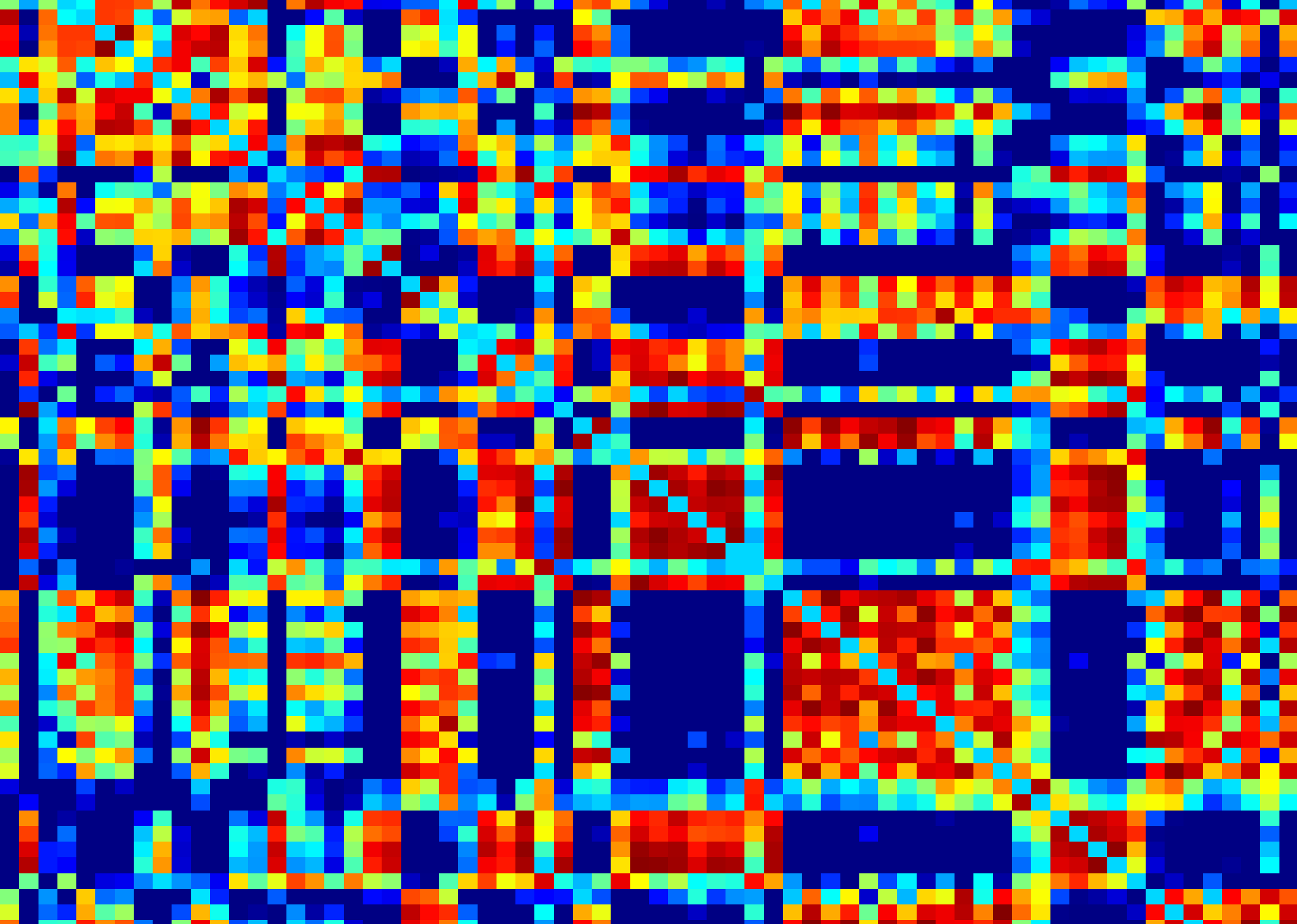
PARTNER

HEALTH

CHILDREN

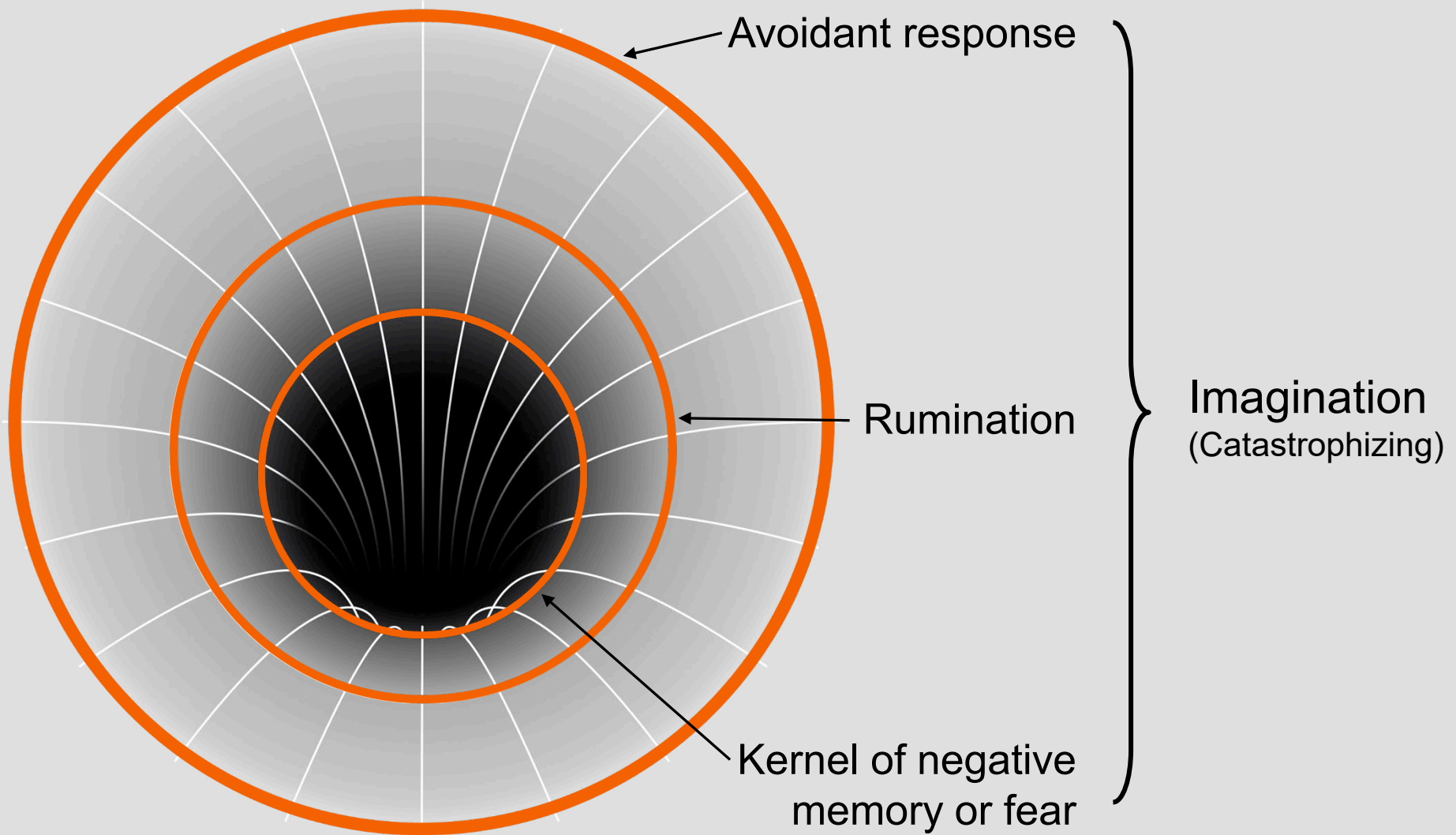
ECONOMY

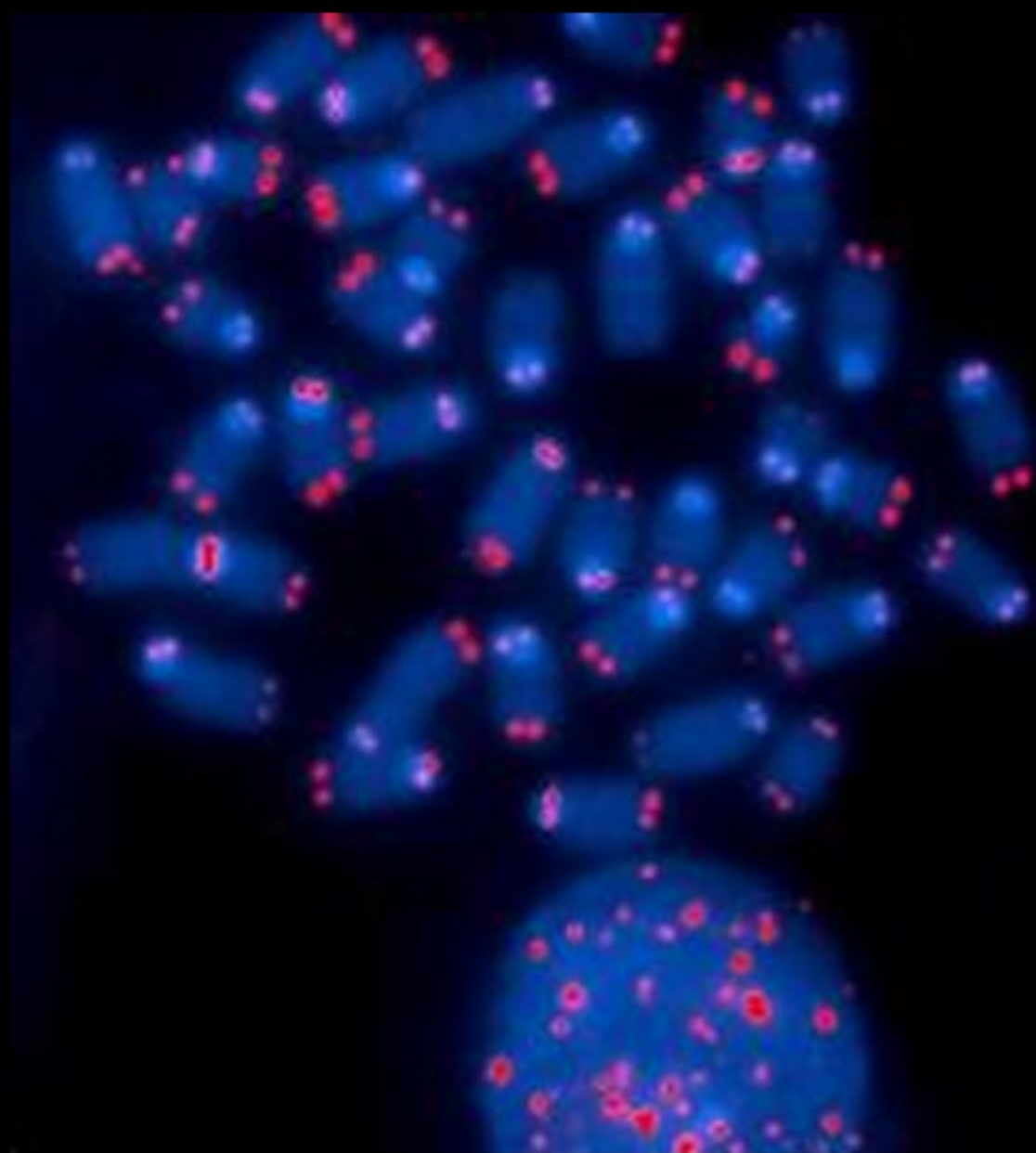




Courtesy of David T. Jones, M.D., Mayo Clinic

# ATTENTION BLACK HOLES







GRATITUDE

PRESENCE

KINDNESS

MINDSET

CORE PRACTICE:

# MORNING GRATITUDE







PART 2:

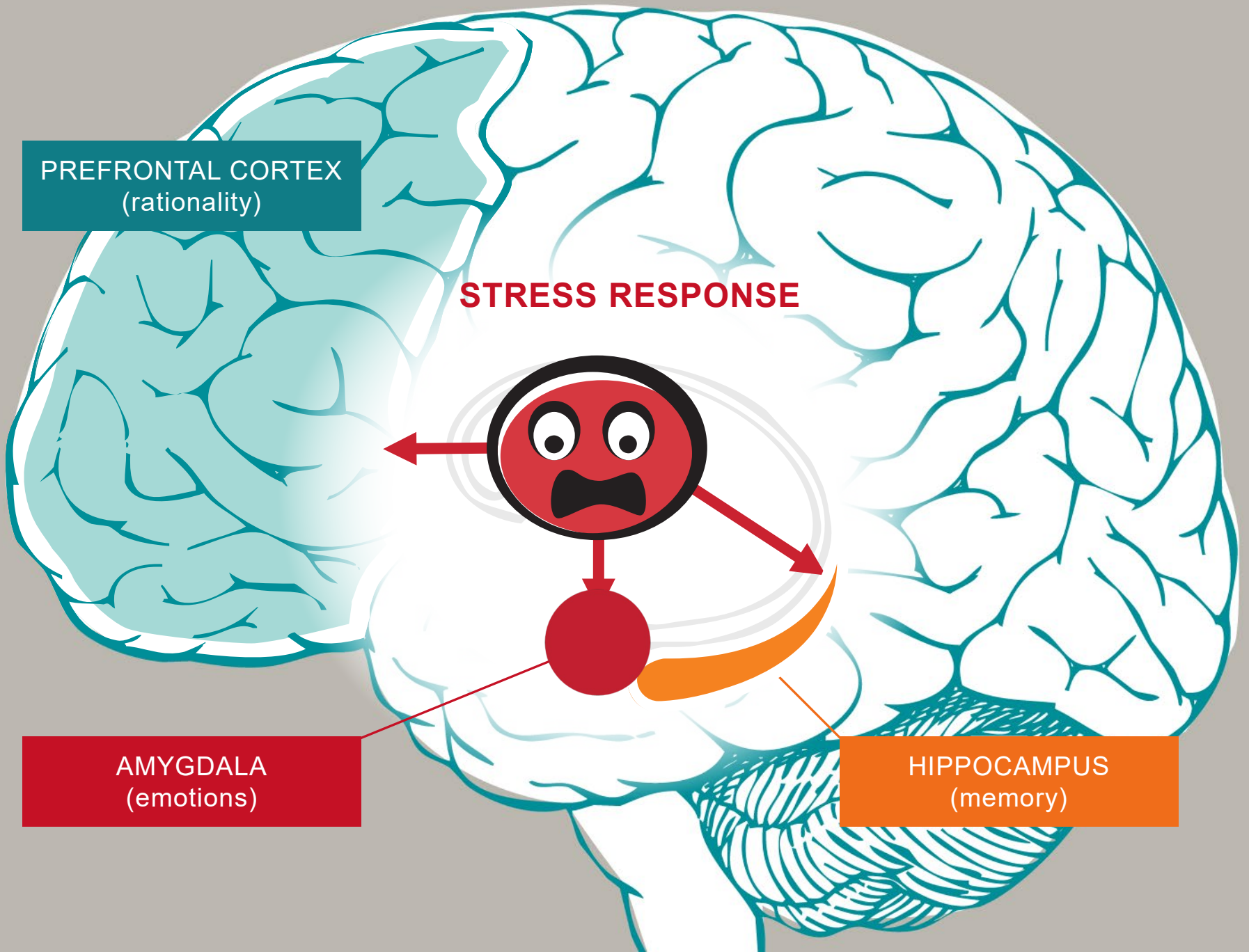
# MINDFUL PRESENCE

World

Mind

Smartphone



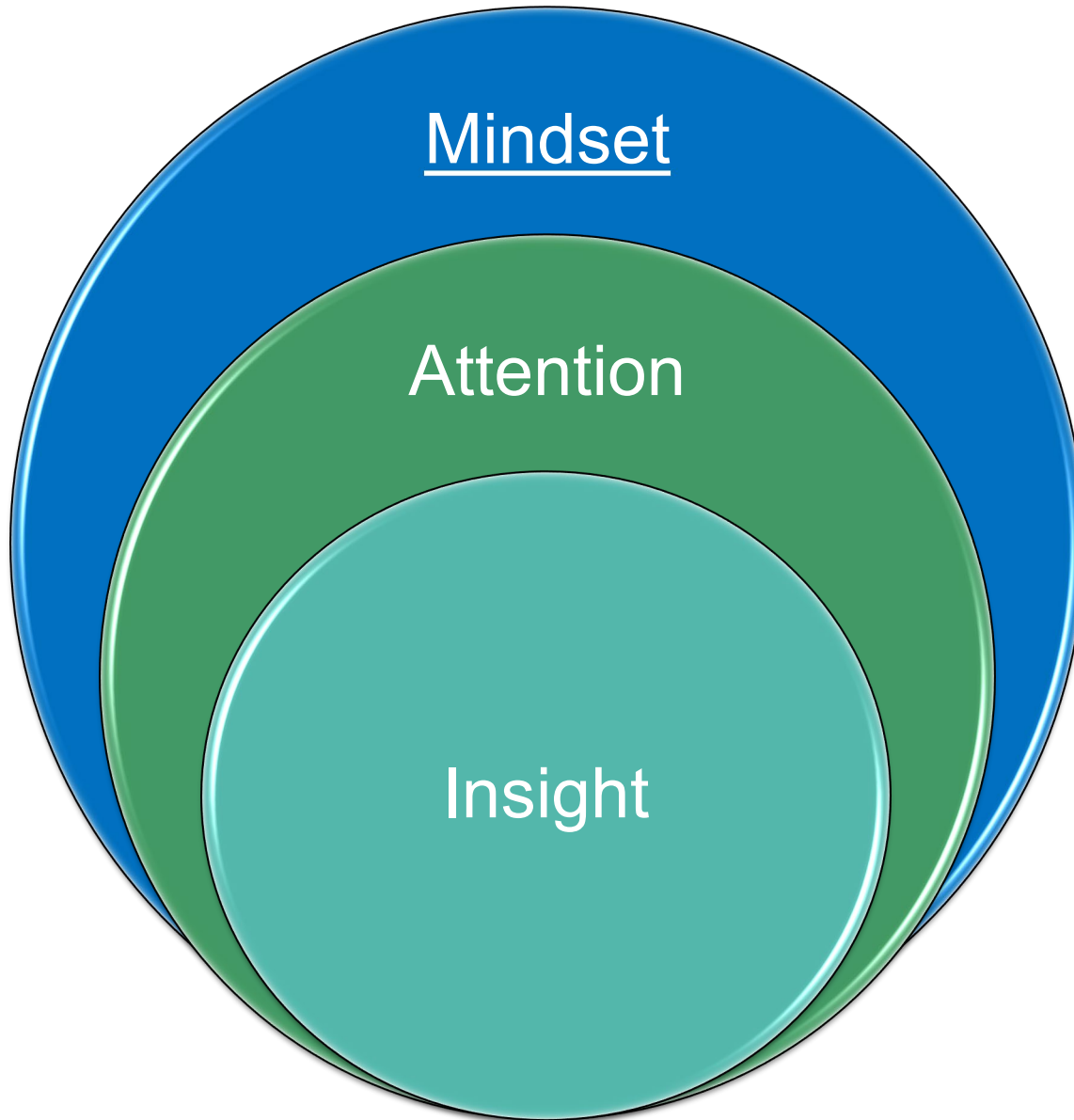


**PREFRONTAL CORTEX**  
(rationality)

**STRESS RESPONSE**

**AMYGDALA**  
(emotions)

**HIPPOCAMPUS**  
(memory)



Mindset

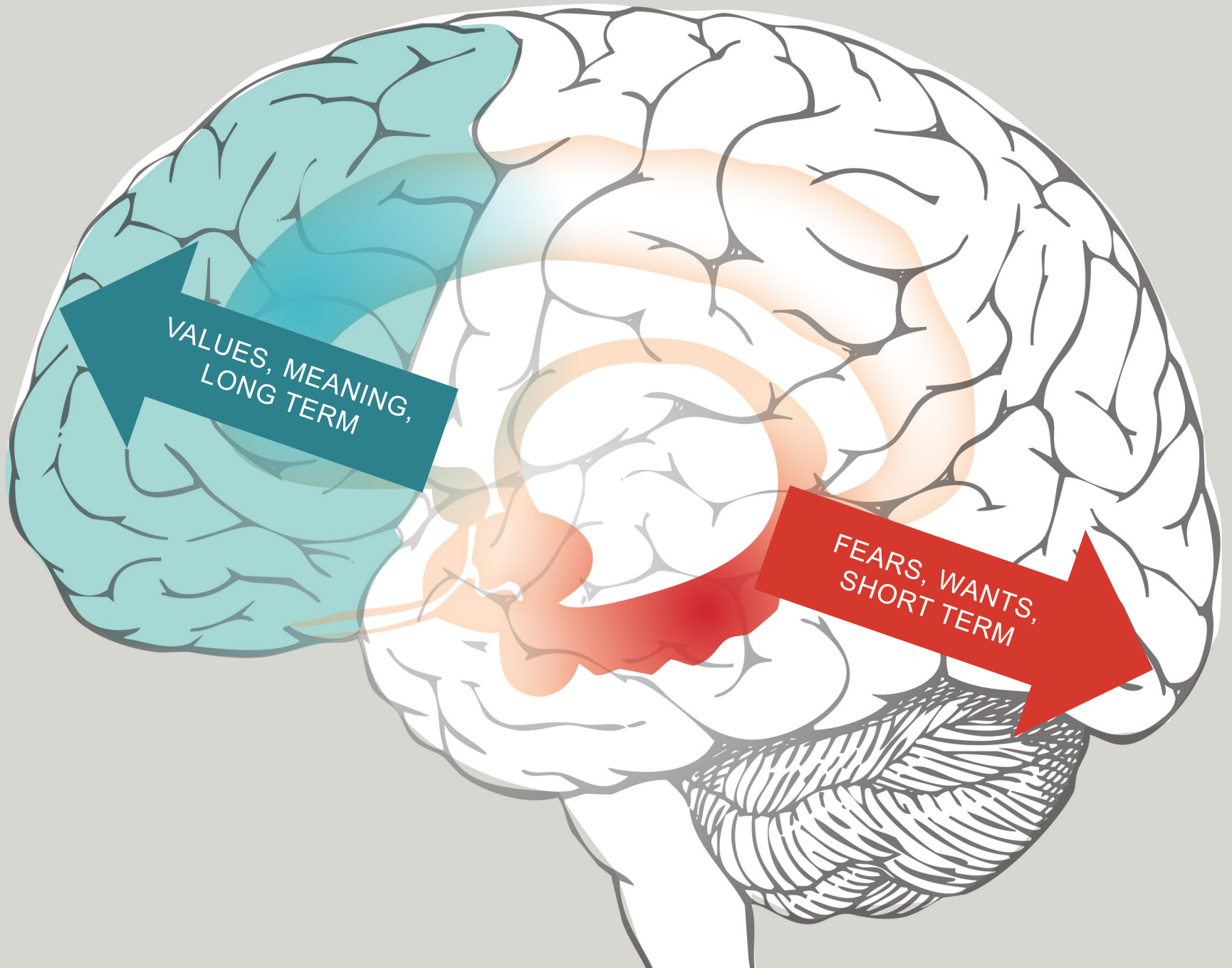
Attention

Insight



PART 4:

# RESILIENT MINDSET



VALUES, MEANING,  
LONG TERM

FEARS, WANTS,  
SHORT TERM

# ANCHOR YOUR MIND

Gratitude

Compassion

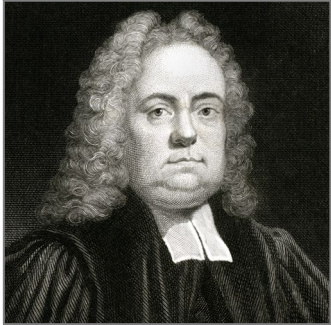
Acceptance

Meaning

Forgiveness

# WEDNESDAY

MONDAY



GRATITUDE

TUE



COMP



FRIDAY



FORGIVENESS

FACE REAKTIVITIES



