



ISOLATE WITH
Resonate

Welcome to Isolate with Resonate!

Wellbeing & Resilience during Disruption

Presented by True North Leadership ~ Gabrielle & Wayne Enright

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Wayne is available for 1:1 coaching sessions; retreats/workshops/webinars; leadership/team development programs and conference keynotes.

A specialist in helping organisations develop self-managed teams and navigate challenging terrain, Wayne is also an adventure guide and wilderness therapist. Author of *The Spirit of Adventure Calls: A Compass for Life, Learning & Leadership*.

Qualifications: B. Ed Physical Education & Biology; Grad Dip Health Counselling & Group Work; Certs in Facilitation Mastery and other accelerated learning methodologies; Wilderness First Aid & Remote Emergency Response.

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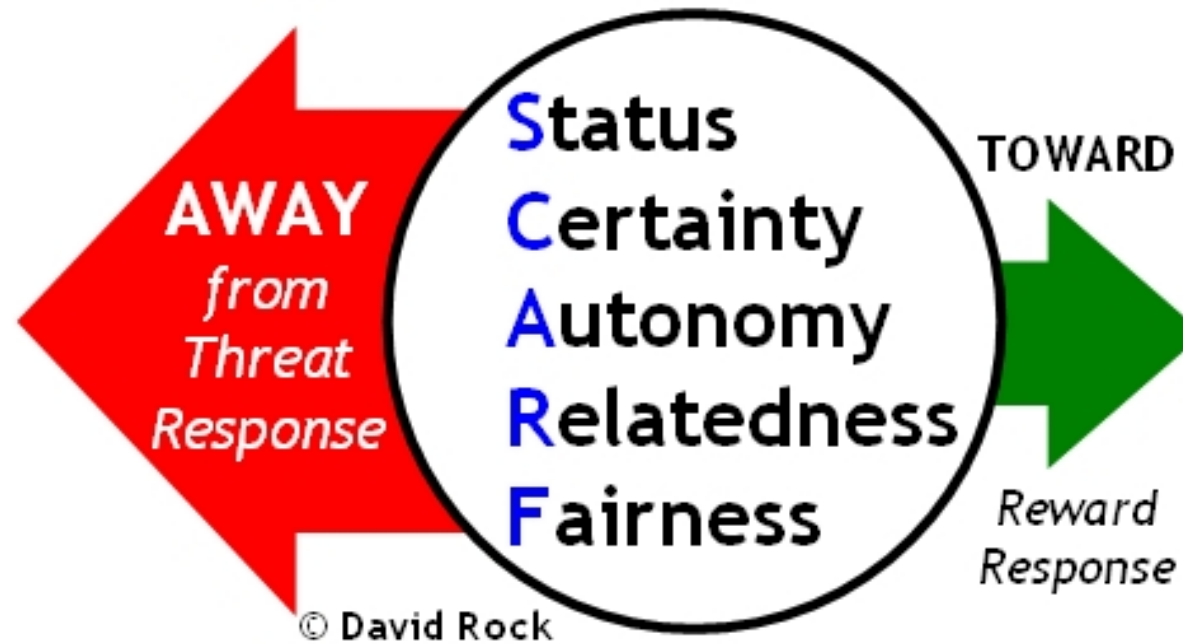
Gabrielle is available for 1:1 coaching and counselling sessions, retreats and workshop/webinars.

Drawing from a wide range of modalities, Gabrielle can assist with Mindfulness, Stress management, Relationship Counselling, Naturopathy & Well-being

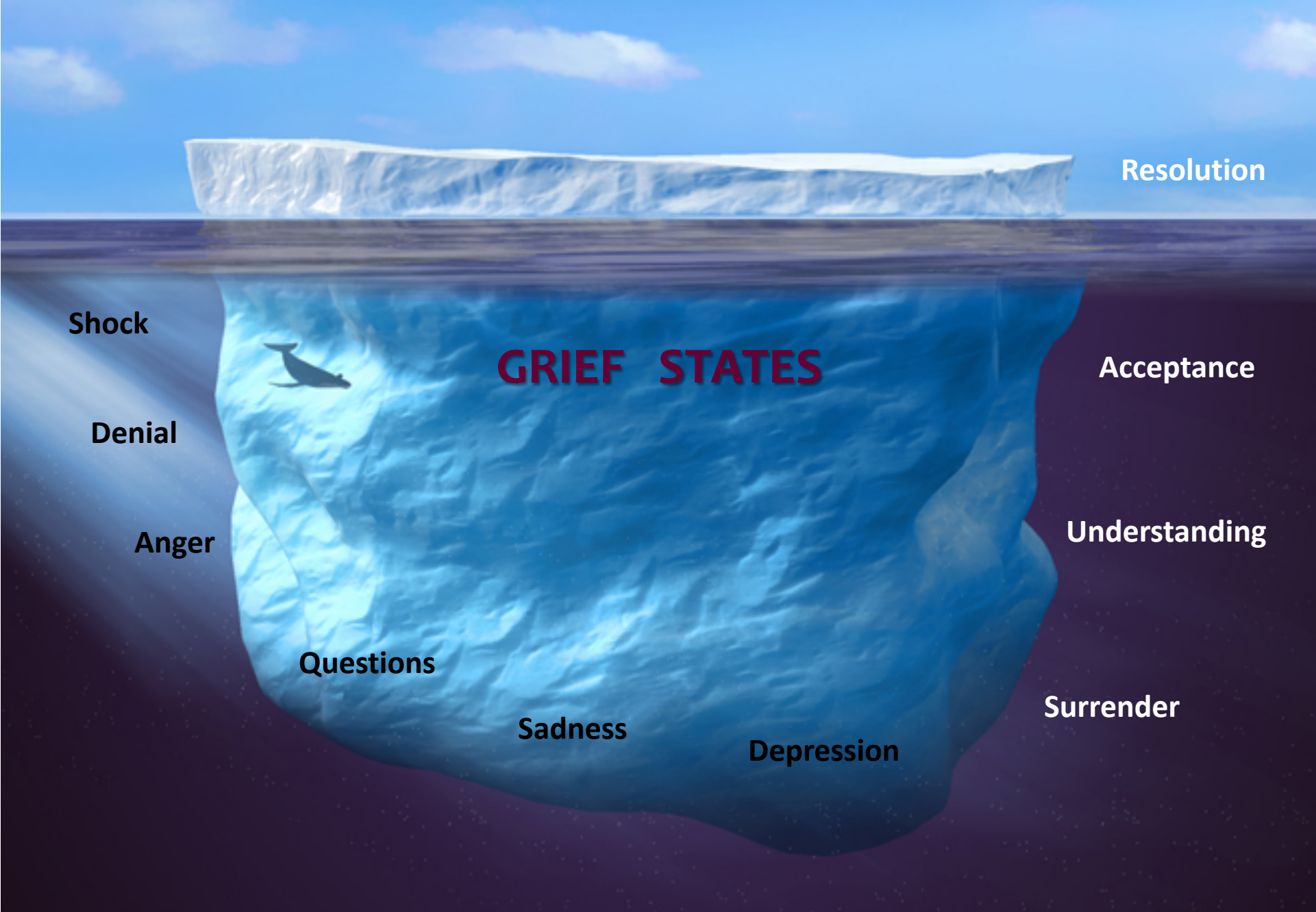
Qualifications: Dip T, B Ed Biology & Physical Education; Grad Dip Ed Counselling; Cert IV TAE; Adv Dip Naturopathy, Western Herbal Medicine, Nutritional Medicine; Adv Dip Applied Health Breathwork Therapy; Diploma Positive Psychology

First take a
breath in...
and let go!





Scarf Model of Threat/Reward



Resolution

GRIEF STATES

Shock

Denial

Anger

Questions

Sadness

Depression

Acceptance

Understanding

Surrender

The grief process is a normal human reaction to change, loss & trauma, no matter how small



Psycho-Emotional response

Heightened first response...

Disbelief – WTF?

Fear & Panic – OMG

Anger & Blame – ‘othering’

Helplessness & Confusion – What now?

Loneliness & Isolation

Follow up response after time...

Inaction – feeling stuck, OR

Acceptance & Possibility thinking – what can I do now?

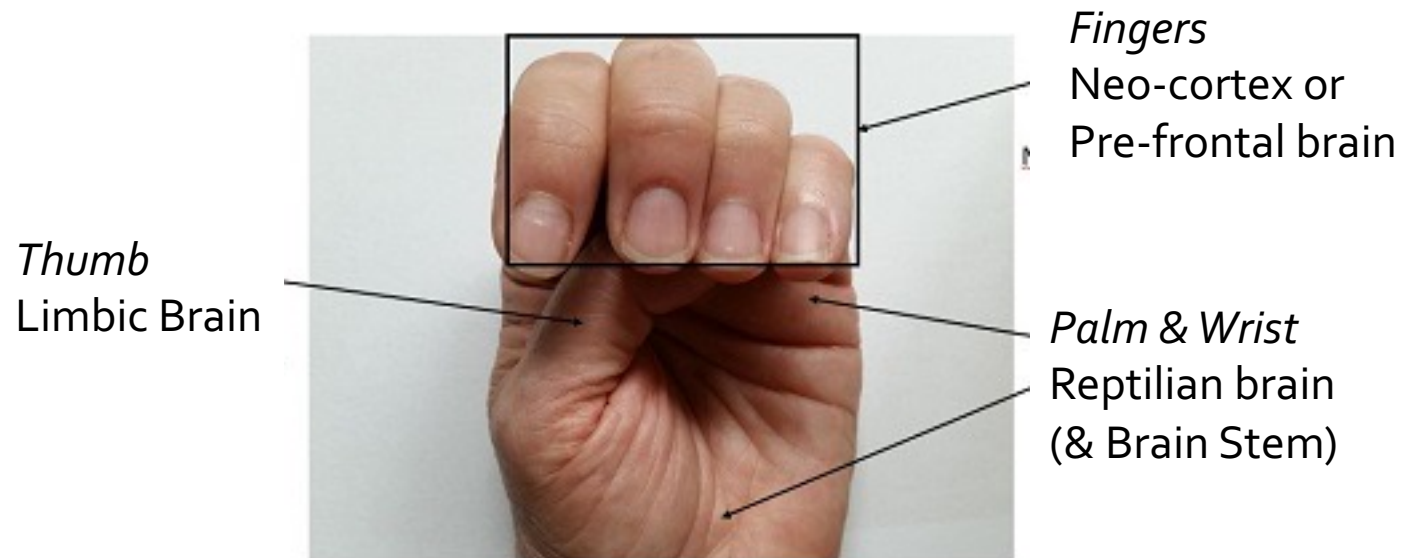
Depends upon **your Resilience**, **Response-ability** and your **Circle of Influence**



- **Neocortex** - Thought (including planning, language, logic & will, awareness)
- **Limbic System** - Emotion (feelings, relationship/nurturing, images and dreams, play)
- **Reptilian Brain** - Instinct (survival, breathing/swallowing/heartbeat, startle response)

Triune Brain: 3 brains in 1

Triune Brain Hand Model



Breathing...

in order to switch our body from

Sympathetic [flight/fight/freeze] mode to

Parasympathetic [rest/digest/recover] mode

our best available tool is the breath!

5-4-3-2-1 Coping Technique for Anxiety

5: Acknowledge **FIVE** things you **see** around you. It could be a pen, a spot on the ceiling, anything in your surroundings. ...

4: Acknowledge **FOUR** things you can **touch** around you. ...

3: Acknowledge **THREE** things you **hear**. ...

2: Acknowledge **TWO** things you can **smell**. ...

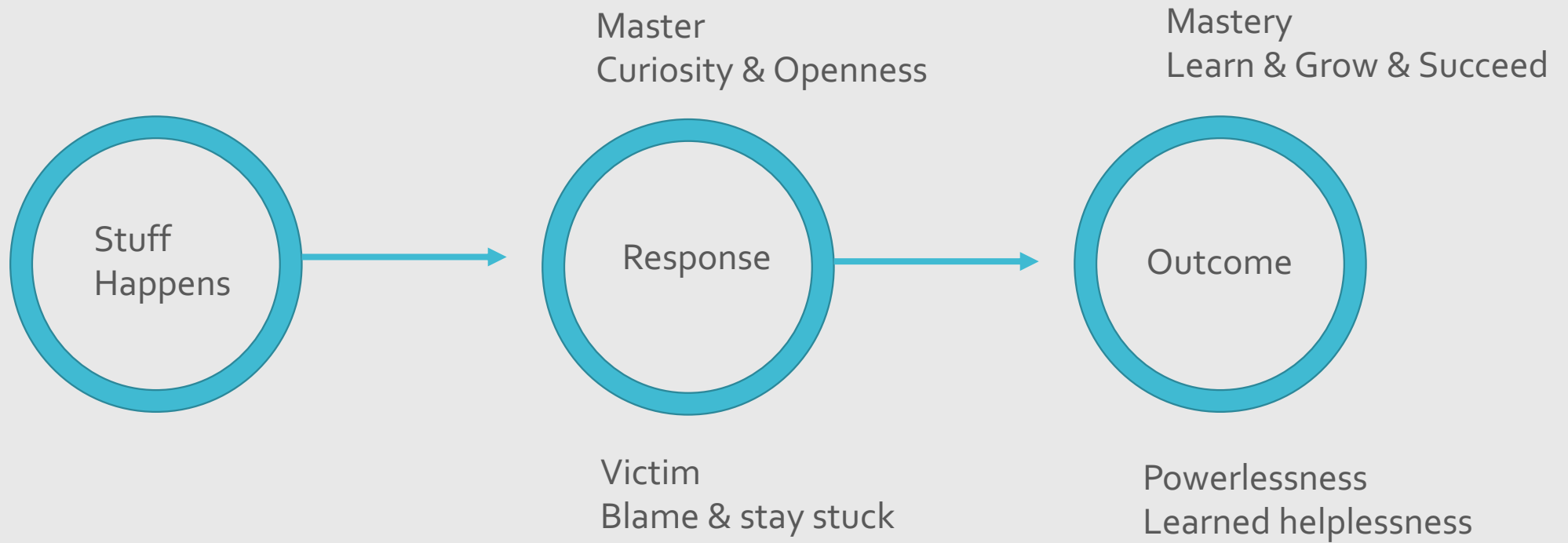
1: Acknowledge **ONE** thing you can **taste**.

Circle of Influence

Things outside my CONTROL



Our Response-Ability, Our CHOICE!



Interventions



Reading
Mindfulness
Meditation
Savouring
Journalling



Exercise
Yoga
Breathing
Massage
Good food

Nature
Renovate
De-clutter
Music
Essential Oils



Phone a friend
Connect with animals
Cuppa with someone – virtual or real
Talking therapies – coaching
Express Gratitude



Maintaining engagement

Staying focused!



Stay connected to the Bigger Picture of what you're doing and where it fits in



Share the impact – celebrate out loud!



Stay connected



Manage distractions

WORKING FROM HOME TIPS!

Create a **routine / agenda** for the day:

- Daily task list
- When you'll check your **emails**
- When you'll **check in with others**: phonecalls/zoom meetings etc
- When you'll take **breaks** for self-care: moving the body in fresh air, cuppas, snacks, meals
- **Communicate** your 'routine' to others so they can support you
- Create a **dedicated space** for your work
- Remove as many **distractions** in physical environment as you can
- Tidy up at the end of the day, make a list for tomorrow, and then have a '**completion**' **ritual** – to signify that you're moving into a different space/time now as if you were driving home from work: it may be a walk around the block, an afterwork drink, emptying the bin, or a change of clothes!

Health and Well-being TIPS

Call /email Gab if you need more info...

Remember that **your wellbeing is a higher than normal priority right now** so that you can stay well, and stay productive.

You need to raise / maintain your immunity status:

- **Physically:** Eat **fresh** and eat well. Include **zinc** in your diet/supplements – found in eggs, fish, lamb, chicken, legumes, mushies, nuts and seeds – it is a first line of defense with your immune system.
- Also get plenty of **sunshine** – increases your Vit D – also significant in immune defense
- **Mentally:** remember to give your brain a rest! **Tap out** from work and from thinking at regular (scheduled) intervals. Look after your nervous system – supplements and sleep are key helpers
- **Emotionally:** take time to **BE PRESENT** to your **senses**, nature, or another being – human or otherwise! Tune out from media, social apps and off devices for a moment or two.
- **Socially:** social distancing is not social isolation – be **creative!**
- **Spiritually:** whatever floats your boat – stay **connected** to the bigger picture by seeing how you might help someone else – a neighbour perhaps?