



endure**STRONG**

Resource guide

“He who has a why to live can bear almost any how.”

- Fredrick Nietzsche

Our ability to endure life and all of its unpredictability is multifactorial and includes internally focused skills as well as external support systems. Below, you will find some suggestions on how to improve each of these factors to assist you in hardening your system against the storms of life.



Resilience: “[t]he capacity of a dynamic system to *ADAPT* successfully to challenges that threaten the function, survival, or future development of the system.”

- Ann Masten

STRATEGIES AND TACTICS

Meaning in Life

- - - - x

Our main motivation is our will to find meaning in our lives. We can find meaning in any circumstance and often need to look outside of ourselves to do so. We always have the freedom to find this meaning as no one can take away our awareness to our own thoughts (mindfulness) which can greatly impact our responses to any of life’s circumstances.

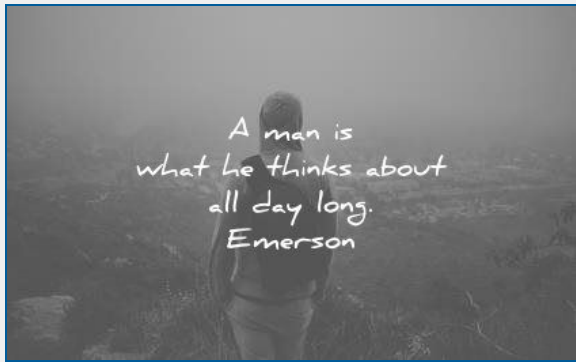


“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.” - Viktor Frankl

Positive Emotions

- - - - X

Survival requires us to learn from negative experiences that could harm our system and thus our system is predisposed to focus on the negative experiences. This predisposition makes it all the more important to practice finding the good that we each have in our lives. Listen to your conscious thought... is it positive or negative? Do you end your day thinking about all the things that you wished went better or that you wished you had? Practice some simple tricks to grow your resilience to everyday life.



PRACTICE POSITIVE SELF TALK:

"What can I learn from my mistake?"

"I have the ability to choose my reaction to my situation."

"I can get through anything I put my mind to."

"Today is going to be a great day."

GRATITUDE JOURNALING:

*Set aside a short period of time to reflect on your day, or week, and write down **specific** things, small or large, that you are thankful for. The goal of this activity is to spark a good feeling about a person, event, experience, etc. that you can experience more happiness in your life over time.*



Social Support

- - - - X

Perceived social support can impact our health just as much as our genetic characteristics. Having people in our lives that we can turn to in a time of need will improve our state of well-being and positively impact our mental health.



“Social support provides physical and psychological advantages for people faced with stressful physical and psychosocial events, and is considered as a factor reducing the psychological distress when faced with stressful events.” - Brummett

Coping

- - - - X

People use a variety of coping strategies to manage stressful events in their lives with some being more positive and beneficial than others. Here are some examples of positive coping strategies.



Commitment devices - the use of a written contract with ourselves that another individual, whom we would not want to disappoint, also signs to help us stay focused on our goal. These can be used for a variety of goals such as saving money, losing weight, quitting smoking...

Temptation bundling - the idea of tying two things together so that you complete them **both**. Generally, one would pair something they *should* do but may avoid (ex. exercise) with one they *want* to do but might not be productive towards a particular goal (ex. watching your favorite TV show).

Physical Well Being

- - - - X

The elements *Move*, *Fuel*, and *Recover* play a vital role in our ability to achieve a state of physical well-being. While these areas are all important, they are only a portion of what we need to be adequately capable of enduring all of life's challenges. See below for general guidelines and recommendations.

MOVE:

Move *like a body should*. This involves activities that improve our *cardiorespiratory fitness* as well as our *muscular strength*. Just as we have habits of brushing our teeth and showering daily to keep our outsides looking fresh it is important to keep our insides looking their best by following these guidelines at a minimum.

FUEL:

There is no shortage of information available about what we should or should not be eating. Thankfully, the consensus seems to be pretty clear - eat more plants! Most of us tend to fall short on the recommendation of 5-7 servings of fruits and vegetables per day - check out the plate below and see how your typical plate compares.

“Eat food, not too much, mostly plants.” - Michael Pollan

**The American Heart Association
American Stroke Association**
life is why™

**The American Heart Association
Recommendations for Physical
Activity in Adults**

For Overall Cardiovascular Health:

At least 30 minutes of moderate-intensity aerobic activity **At least 5 days** per week for a total of **150 minutes**

OR

At least 25 minutes of vigorous aerobic activity **At least 3 days** per week for a total of **75 minutes**

or a combination of the two

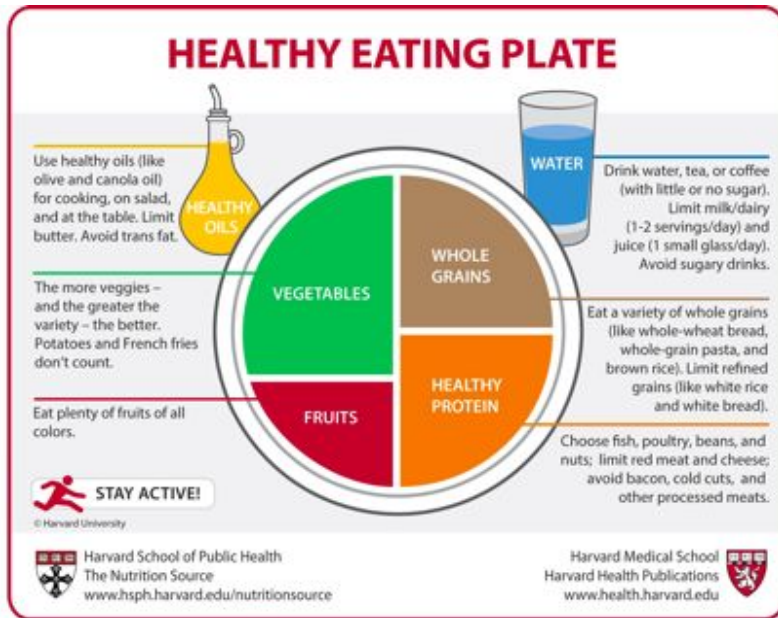
AND

Moderate HIGH INTENSITY muscle-strengthening activity **At least 2 days** per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of 40 minutes of moderate- to vigorous-intensity aerobic activity **3-4 days** per week

© 2015 Learn more at heart.org/ActivityRecommendations.



MORE FIBER

LESS SUGAR

MORE PERISHABLE

LESS MODIFIED

RECOVER:

Our American culture of “live to work” vs. “work to live” can sometimes get in the way of a good night's sleep. Recent research is showing just how important sleep is to maintaining a healthy lifestyle. Check out the RECOVER RIGHT resource guide for strategies to improve this vital activity.

QUANTITY: 7.5 - 8.5 hours of sleep per night

QUALITY: 3.5 - 4 hours of deep sleep (NREM + REM); sensation of waking well rested.

RECOVER P

- 1. Get 7-9 hours of sleep nightly**
Consistently getting less than 6 hours increases risk of Heart Disease, Stroke, and Obesity.
- 2. Avoid screens**
For at least 1 hour prior to bedtime. The light from these devices delays the release of the sleep inducing hormone, melatonin.
- Avoid Alcohol Before Bed**
“Night Caps” limit your body's ability to enter REM sleep which is the mentally restorative part of sleep.
- 4. Go to bed and wake up at the same time.**
Keeping bedtime consistent allows you to train your body's internal clock which makes it easier to fall asleep and wake up.
- 5. Avoid caffeine in the afternoon**
Drinking coffee or caffeine later in the day can make it difficult to fall asleep at your normal time.

POWERED BY **P Pro-Activity**

REFERENCES

[American Heart Association Graphic](#)

Brummett BH, Mark DB, Siegler IC, Williams RB, Babyak MA, Clapp-Channing NE, et al. Perceived social support as a predictor of mortality in coronary patients: effects of smoking, sedentary behavior, and depressive symptoms. *Psychosom Med*. 2005; 67(1): 40-5. doi: 10.1097/01.psy.0000149257.74854.b7. PMID: 15673622.

Frankl, Viktor E. *Man's Search for Meaning: An Introduction to Logotherapy*. New York: Simon & Schuster, 1984. Print.

Harandi TF, Taghinasab MM, Nayeri TD. The correlation of social support with mental health: A meta-analysis. *Electron Physician*. 2017;9(9):5212–5222. Published 2017 Sep 25. doi:10.19082/5212

[Harvard Healthy Plate Graphic](#)

Masten AS, Barnes AJ. Resilience in Children: Developmental Perspectives. *Children (Basel)*. 2018;5(7):98. Published 2018 Jul 17. doi:10.3390/children5070098

Milkman, KL, Minson, JA, Volpp, KGM. Holding the hunger games hostage at the gym: an evaluation of temptation bundling. *Management Science*. 2014; 60(2), 283-299.

<https://doi.org/10.1287/mnsc.2013.1784>

[Mindfulness Graphic](#)

[Resilience Model Graphic](#)

Rodriguez, T. "Taking the Bad with the Good" in *SA Mind* 24, 2, 26-27 (May 2013) doi:10.1038/scientificamericanmind0513-26

Walker, M. P. (2017). *Why we sleep: Unlocking the power of sleep and dreams*.