



STAYING GROUNDED IN A HECTIC WORLD

Kelcey Stratton, PhD
Chief Behavioral Health Strategist
Clinical Assistant Professor in Psychiatry





Cultivate
AWARENESS

Make time to
RECOVER

Restore
VITALITY & JOY



Muscle tension
Feeling on edge
Feeling overwhelmed
Difficulty thinking clearly
Increased heart rate
Overactive sympathetic response
"stuck on high"

Stress

Window of Resilience

Flexible and adaptable
Can engage with learning/change/growth

Responsive not reactive
Connected with others

Overactive parasympathetic response
"stuck on low"

Reduced awareness
Difficulty processing new info

Disengagement

Exhaustion/fatigue
Isolated/disconnected

Overactive sympathetic response
“stuck on high”

Identifying emotions
and sensations

Mindful presence

Deep breathing

Self-soothing and
calming to regulate

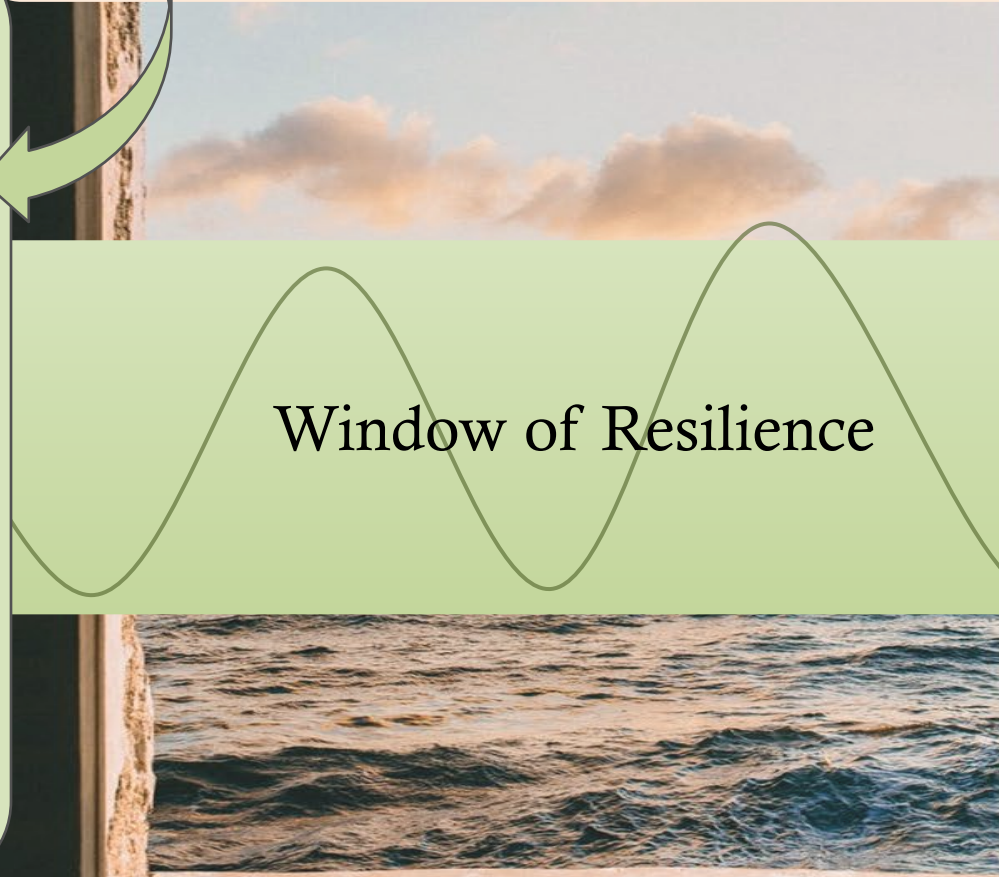
Connect with others

Helpful thinking

Small moments of
pause or rest
throughout the day

Window of Resilience

Overactive parasympathetic response
“stuck on low”



STOP (or pause) what you are doing

Give yourself a moment to rest.

TAKE 3 deep breaths

Notice the sensations of breath and of your body.

OBSERVE what you are feeling in your body, emotions, thoughts

Notice how you can be in this situation without being ruled by it. You can try relaxing or softening as you need. Remain open to the choices you have in terms of how best to move forward from here.

PROCEED with what you are doing

With a little more wisdom, intention, and presence.





RESOURCES FOR CULTIVATING AWARENESS

HEALTHY MINDS PROGRAM

Free app with many guided practices to support awareness, connection, insight, and purpose

UCLA MINDFUL

Free app with guided practices in 18 languages; also available as website version

INSIGHT TIMER

Free app with large amount of content: timers, guided practices, nature sounds, and more

WHEEL OF AWARENESS

Practice developed by Dan Siegel to cultivate greater awareness and equanimity

MHEALTHY & ASSET HEALTH PORTAL

Many mindfulness, yoga, relaxation videos and resources; Take 5 to Focus program coming in November 2023

SLOWING DOWN

Making time to recover

GIVE CARE TO YOUR
ESSENTIAL NEEDS

What would be most
supportive to you
right now?

PRIORITIZE TIME TO
PAUSE AND REST

Time for reflection,
connection, joy, and
recovery.

Set boundaries and
expectations with
yourself and others.



FINDING YOUR COPING "FLEXIBILITY SEQUENCE"

What do I need?

What can I do?

Is it working?



LETTING GO

We must sometimes let go of unnecessary burdens and focus energy on what matters most.

NOTICE (AND RELEASE) UNHELPFUL EXPECTATIONS

What stories do you hold about others or yourself?

How can you stay present and appreciate the moment just as it is?

SELF-COMPASSION

Practice gentleness and kindness to yourself (especially in moments of overwhelm or pain).





RESOURCES FOR RESILIENCE AND RECOVERY

SELF-COMPASSION FROM KRISTIN NEFF

Practical exercises and
information to cultivate
self-compassion

TARA BRACH'S "RAIN" PRACTICE

A tool for practicing
mindfulness and
compassion

WELL-BEING TOOLS

Brief, evidence-based
practices from Duke
Center for Healthcare
Safety and Quality

MHEALTHY

A holistic philosophy of
well-being to support all
aspects of your health



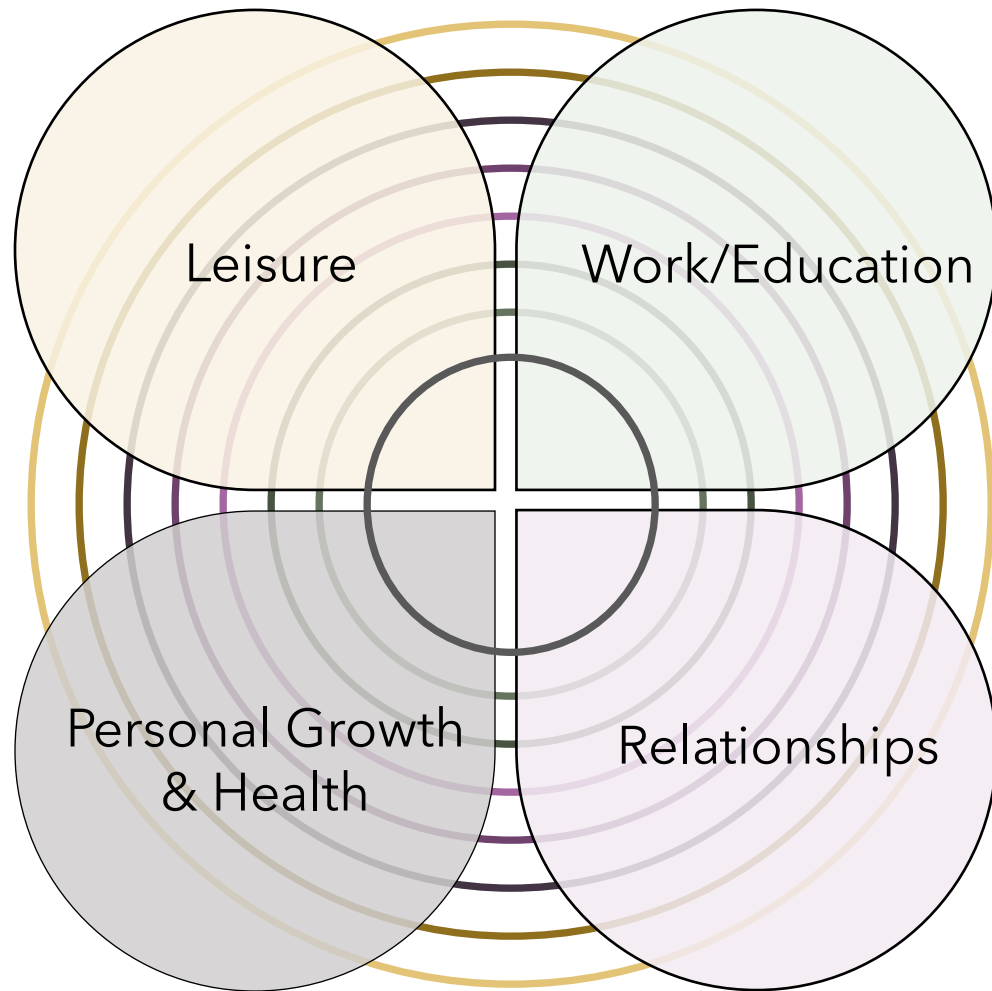
TRANSFORMATION AND VITALITY

RECONNECT TO PERSONAL
VALUES AND PRIORITIES

What is most important to you at
this time in your life?

MAKE MEANING OF
EXPERIENCES

Identify challenges, seek support
from others, and consider other
perspectives.



VALUES CLARIFICATION

What's important to you?

What do you care about?

What would you like to
work towards?



JOY IS A PRACTICE

“Be present in all
things and thankful
for all things.”

—Maya Angelou

ROOTED IN COMMUNITY

Our relationships offer resources, support,
and resilience.

BE KIND

Express gratitude and
practice patience and gentleness
in your interactions.

REACH OUT

Check in with yourself and others
and seek opportunities to
intentionally build community.





SHARING JOY

“Moments of grace
in the endless stream
of experience.”

—Jared Gottlieb

A field of daisies in soft focus with a semi-transparent grey overlay. The text is centered in the middle of the image.

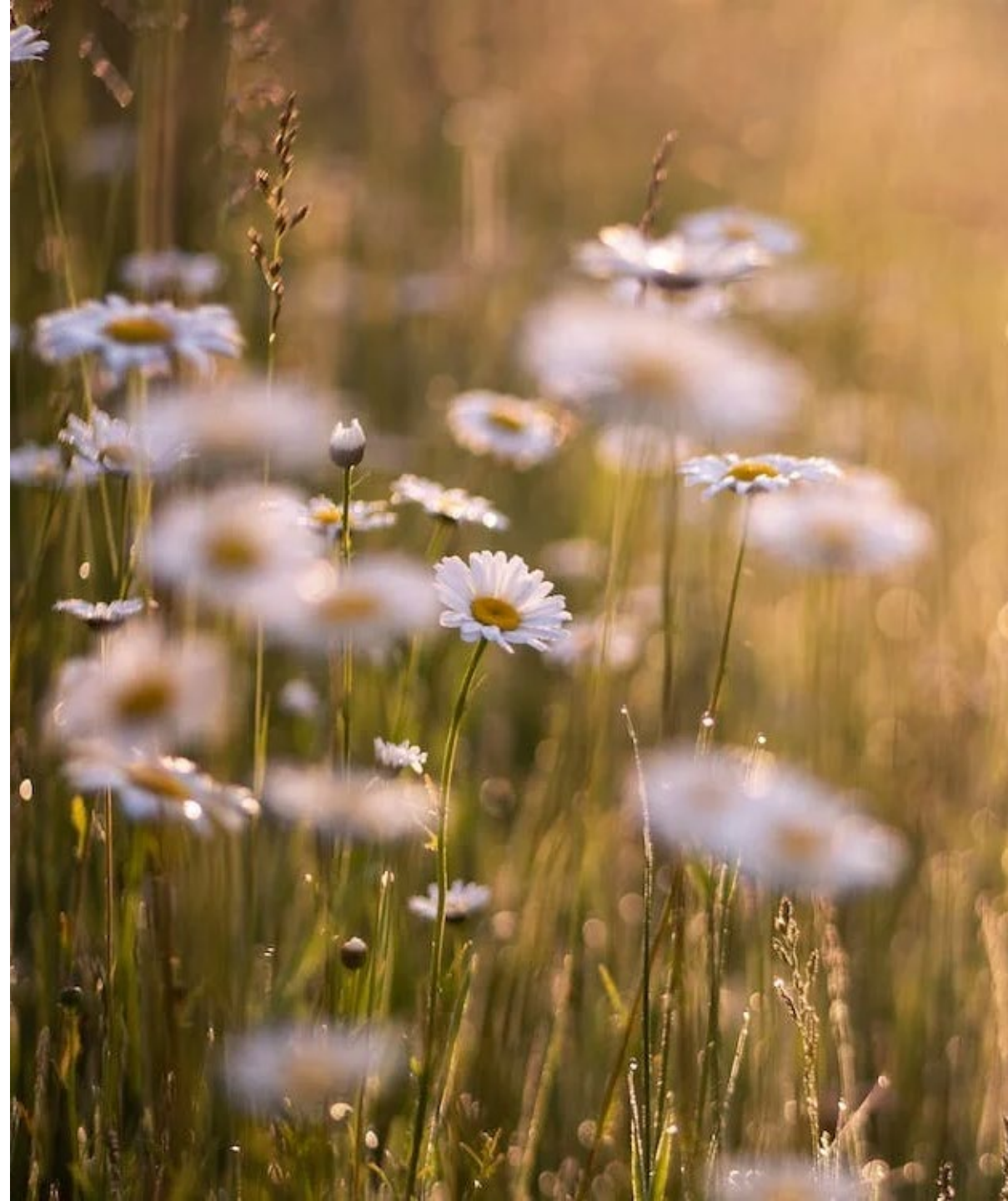
What makes a good day?
What matters most to you?

THE POWER OF JOY EVERYWHERE

We can intentionally practice joy and connection and replenish vitality.

What if we choose joy?

- Ensure joy is a shared responsibility
- Eliminate “joy diminishers”
- Remember meaning and purpose
- Be generous in gratitude and recognition
- Cultivate positive relationships
- Welcome moments of delight





RESOURCES FOR VITALITY AND JOY

BE KIND BE WELL

Ideas and resources to promote kindness, compassion, and gratitude at work

ON BEING

Art, science, philosophy, and conversation: What does it mean to be human? How do we want to live? And who will we be to each other?

GREATER GOOD SCIENCE CENTER

Science on the meaningful life

CENTER FOR POSITIVE ORGANIZATIONS

From Michigan Ross, tools and research on positive work



“Discovering more joy does not save us from the inevitability of hardship and heartbreak. In fact, we may cry more easily, but we will laugh more easily too. Perhaps we are just more alive. Yet as we discover more joy, we can face suffering in a way that ennobles rather than embitters. We have hardship without becoming hard. We have heartbreaks without being broken.”

—Archbishop Desmond Tutu

WHEN MORE HELP IS NEEDED

There are resources available to you through every season of life.

MICHIGAN MEDICINE OFFICE OF
COUNSELING AND WORKPLACE RESILIENCE

<http://counseling.med.umich.edu>

734-763-5409 or counseling@med.umich.edu

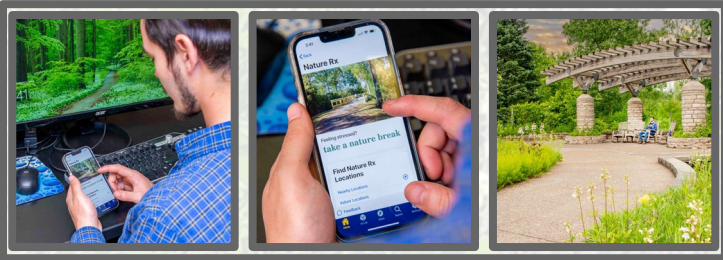
FACULTY AND STAFF COUNSELING
AND CONSULTATION OFFICE

<https://fascco.umich.edu>

734-936-8660 or fascco@umich.edu



Nature Rx



This app will help you

- Take breaks in nature
- Practice self-compassion
- Restore
- De-stress
- Reconnect with purpose
- Energize your day



Now available in the **Michigan App**
Scan QR code to download





RESOURCE LIST

