



Choosing Wellness

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September 20, 2022

Dignity[®]
MEMORIAL



Today

1. Validate the uncertainty that seems here to stay
2. Select tools for personal resiliency and wellbeing
3. Review the tenets of habit science to attain important goals and lead the self

Know Your Habitat



Volatility

The context is constantly changing



Uncertainty

Outcomes of decisions never certain



Complexity

Too many inputs to fully factor into decisions



Ambiguity

Inputs aren't always obvious

How to Host a Chronic Illness...

- Abandon
 - Food
 - Exercise
 - Relationships
 - Sleep
- Inability to say “NO”
- In need of a re-pot
- Avoid crucial conversations
- **NEGLECT** what we cherish most



Wellbeing and Resiliency

Ability of a person's community system to withstand, adapt, recover, rebound or even grow from adversity, trauma, or stress



Resilience
is a relationship with one's resources

Become the CEO of Your Whole Life

Self-leadership is the ability
to direct ATTENTION

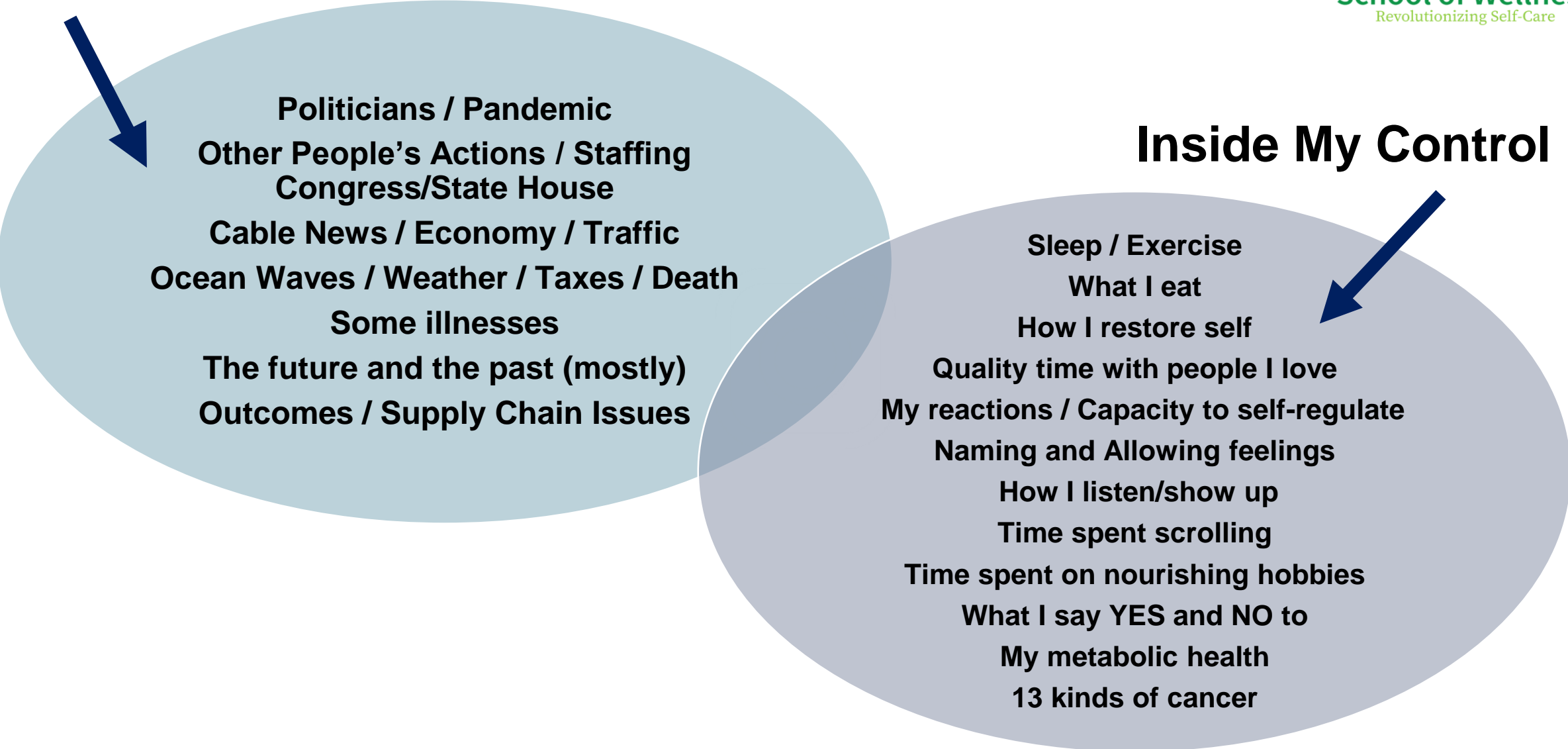
Resilience: The 3 As

- Awareness
- Agility
- Agency



Awareness
What are you watering?

Things I Can't Control

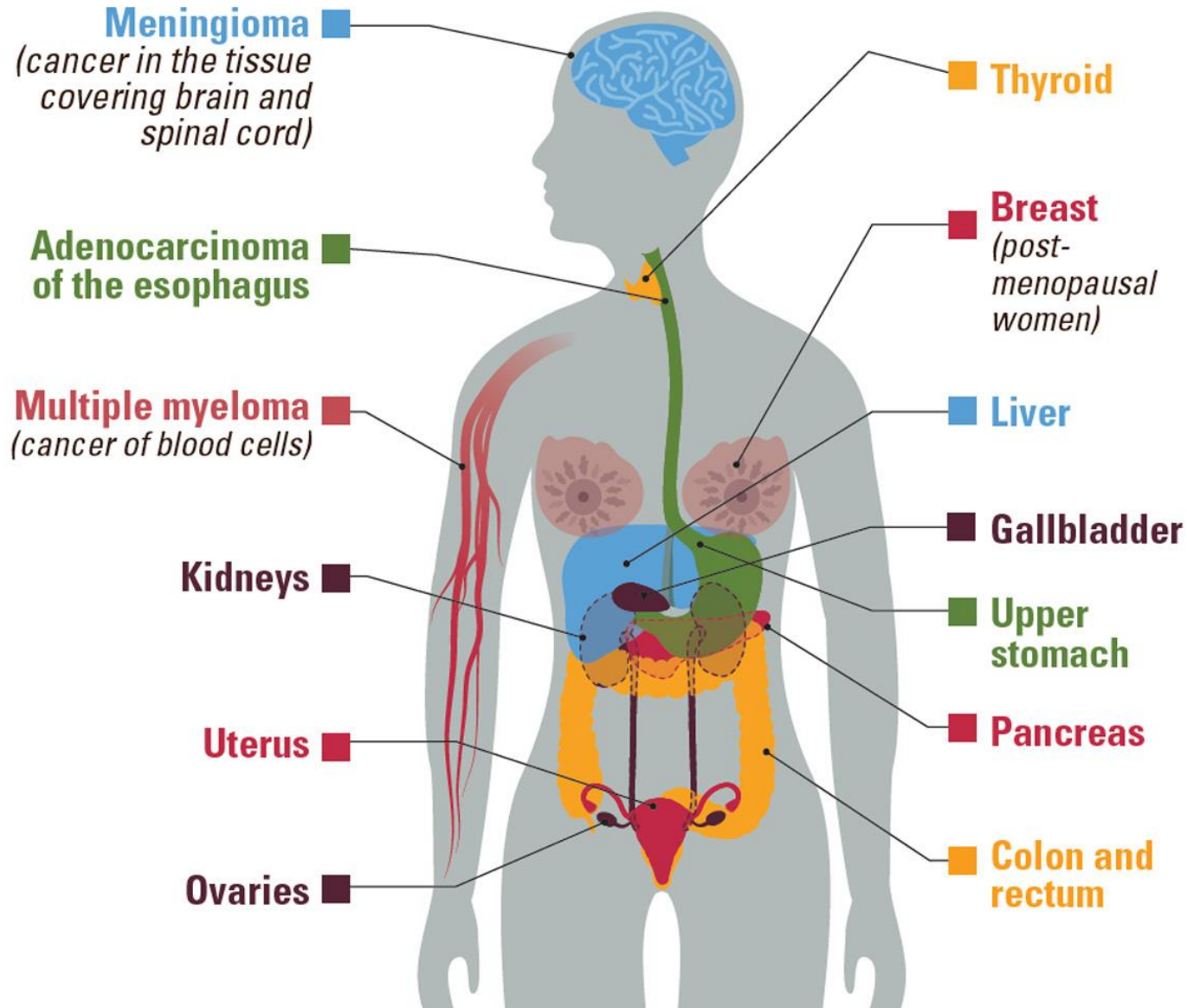


Politicians / Pandemic
Other People's Actions / Staffing
Congress/State House
Cable News / Economy / Traffic
Ocean Waves / Weather / Taxes / Death
Some illnesses
The future and the past (mostly)
Outcomes / Supply Chain Issues

Inside My Control

Sleep / Exercise
What I eat
How I restore self
Quality time with people I love
My reactions / Capacity to self-regulate
Naming and Allowing feelings
How I listen/show up
Time spent scrolling
Time spent on nourishing hobbies
What I say YES and NO to
My metabolic health
13 kinds of cancer

13 cancers are associated with overweight and obesity



What aspect of your well-being are you neglecting/could use more attention?

Awareness

Acknowledge Feelings

What are
you
feeling?

Get Granular

Generalized Anxiety

- Restlessness
- Sleep disturbances
- Impaired concentration
- Excessive worry
- Fatigue
- Irritability
- Muscle soreness/aches

Moderate Depression

- Persistent LOW mood
- Decreased interest in activities
 - Changes in appetite
 - Decreased productivity
 - Despair and guilt
 - Difficulty concentrating
 - Difficulty sleeping
 - Excessive worry
 - Fatigue or lack of energy
 - Feelings of hopelessness

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA.

Addiction

Not getting enough of what you don't need

The manic reliance on something, anything, in order to keep our dark or unsettling thoughts at bay

The School of Life

An inability to stop using a substance or engaging in a behavior even though it is causing psychological and physical harm

A treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences

American Society of Addiction Medicine

The Cell

What we let in
What we let out
What we dock to

Know and Use Your Strengths

Courage

- Bravery
- Honesty
- Perseverance
- Zest

Humanity

- Kindness
- Love
- Social Intelligence

Wisdom

- Creativity
- Curiosity
- Love of Learning
- Judgment
- Perspective

Justice

- Teamwork
- Fairness
- Leadership

Transcendence

- Appreciation
- Gratitude
- Spirituality
- Hope
- Humor

Temperance

- Forgiveness
- Humility
- Prudence
- Self Regulation

Take the VIA Character Strengths Survey - www.viacharacter.org

Positive Psychology

Theory of Well-Being

The aim of positive psychology is to increase well-being measured by flourishing

PERMA

Positive Emotion

Feelings that FEEL GOOD

Engagement

Being in FLOW completely absorbing activity

Relationships with Others

Other people matter and *very little in life that is positive is solitary*

Achievement Mastery

Meaning & Purpose
Belonging to and serving something that is bigger than the self

71,000 ICD-10 codes
600 DSM-5 codes

Seligman, Martin. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. Free Press

Agility

Get Friendly with the Future *(Unknown)*

Agility Tools: Avoid Mind Traps

“Being” fixed (*not agile*)

Simple stories

- How could I be wrong?

Agreement/approval

- How could disagreeing expand thinking?

Control

- Who can I enable?

Being right/perfect/certain

**Grow away from
approval-seeking**

**Move towards
living your own
values**

Garvey-Berger, J. (2019). Unlocking Leadership Mindtraps: How to Thrive in Complexity. Stanford University Press.

Brain Health for Agility

- Negativity narrows
- Positivity builds
- Interrupt LOOPING
- Self-pity is corrosive
 - To host and those in proximity
- We can learn to not react!
- Q-Tip



Agility

Androcles and the Lion



Anger is Illuminating: Follow it to its Source

It is **secondary**

Informative and valid

Stems from powerlessness

Can feel protective or protecting

The **purest form of care**

Illuminates something deeper inside of us

Agility

- Fear
- Disrespect
- Frustrations
- Insecurity
- Betrayal
- Shame
- Physical discomfort
- Physical trauma
- Loneliness
- Alienation
- Low self worth
- Despair
- Rejection



**When we see
aggression,
look for the fires
burning beneath**

The Peace Literacy Institute. <https://www.peaceliteracy.org>

Constructive Anger

- Focused, wise action to protect what you value
- Attempts to reduce suffering in self or others

Destructive Anger

- Tears down, spiteful
- Disregards wellbeing of others
- Attempts to control others

A Safe Harbor Allows Exploration

Old Maslow



Re-imagined Maslow



Barry Kaufman, Scott. (2020) Transcend: The New Science of Self-Actualization.
Penguin Random House.

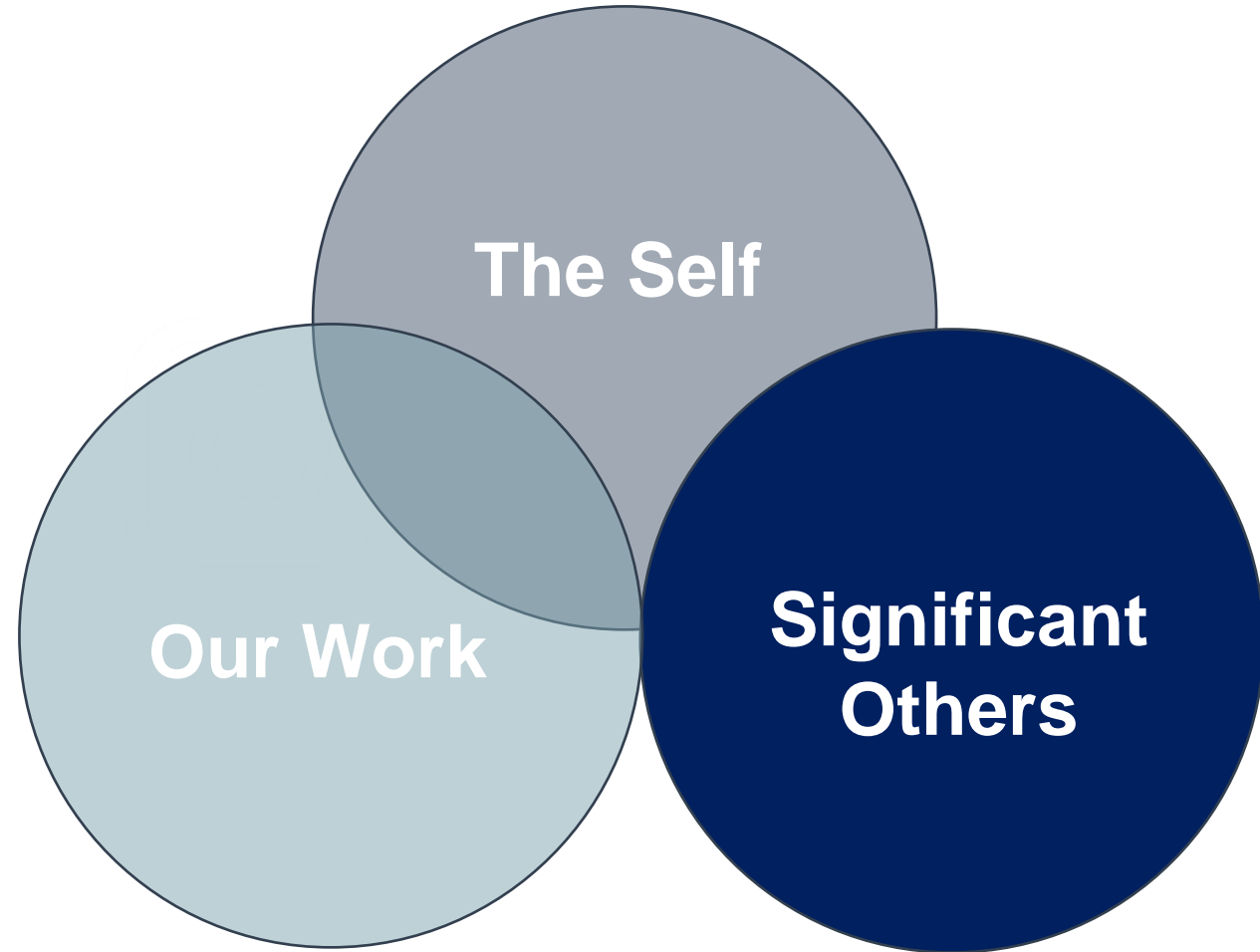
Agency

The capacity for people to act independently
and to make their own choices

Venn Diagram Your Life

Our 3 Marriages

 Balance



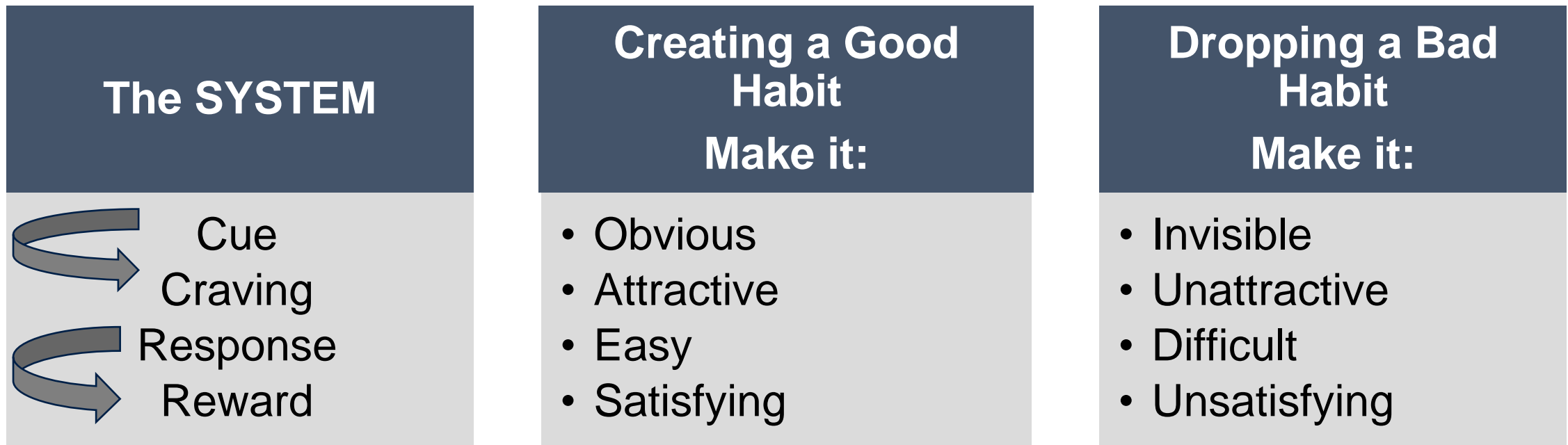
Whyte, David (2010). The Three Marriages: Reimagining Work, Self and Relationship. Penguin Publishers.

Most any problem can be solved with a system



Tiny Hinges Open Large Doors

Marginal Improvements



Clear, J. (2018). Atomic Habits: An Easy & Proven Way to Build Good Habits and Break Bad Ones. Penguin Random House.

Link Habits to Your Identity



Make a Decision

“Fresh start” it

Chunk it

Stack it

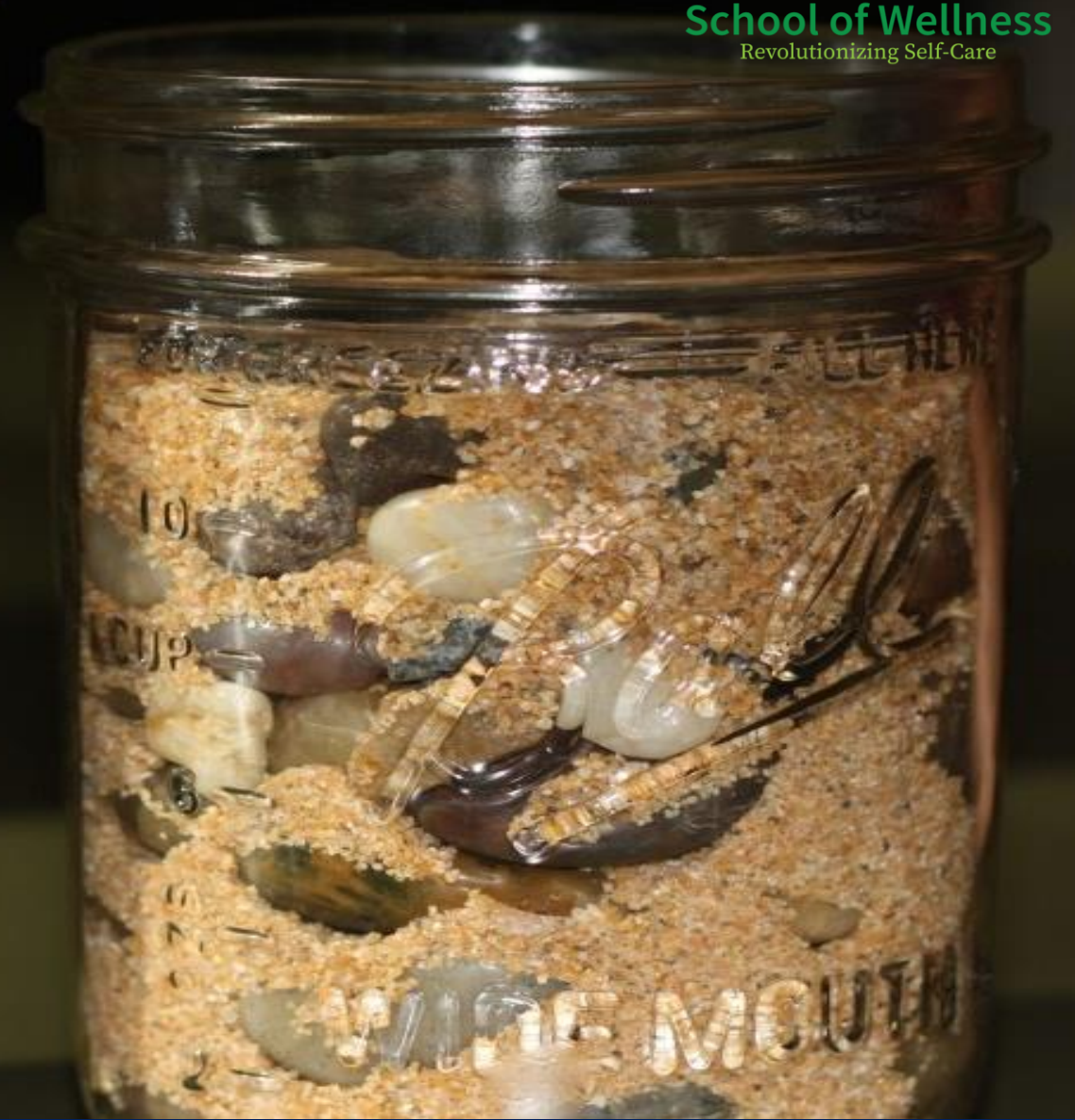
Link Habits to Your Identity

“What is important is seldom urgent and what is urgent is seldom important”

	Important	Not Important
URGENT	Kitchen fire Crying baby Staff embezzling \$\$ Refrigerator broken	Interruptions Distractions
NOT URGENT	Exercise Eat real food Repair the relationship Write the article/grant Do the art <div data-bbox="1159 856 1477 1099" style="border: 1px solid black; border-radius: 50%; padding: 10px; display: inline-block; margin-left: 20px;"> CEOs do more of these </div>	Meetings sans agenda Gossip Too much TV Frenemies



School of Wellness
Revolutionizing Self-Care



Bedrock Behaviors

Screens/
Literature

Tribe

Fun

Food

Meditation/
Brain Health

Exercise

Sleep

What could you do in the next 3-5 days
to promote your own well-being?

The Rundown

- Resilience is a relationship with one's resources, not limitless/character trait
- Know your habitat: Complexity
 - is forcing all of us to grow
- Tools: “The 3 As”
 - Stay **Aware**... Energy goes where the energy flows
 - Stay **Agile** ... Flexible people don't easily break or take it personally
 - Claim **Agency**... Most any problems can be solved with discipline
- Build Habits/Practices
 - Bedrock Behaviors
 - Adapt your mind to complexity
 - You create your own weather patterns



Choosing WELLNESS



Forward by
Dr. Loretta Ford
Founder of the global
Nurse Practitioner
Phenomenon

Unconventional Wisdom
for the Overwhelmed, the Discouraged,
the Addicted, the Fearful, or the Stuck

EILEEN T. O'GRADY

Sign up for Eileen's short blog "*Wellness Pearls*"

Contact me for a consultation

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- www.eileenogrady.net



“When there is no gardener,
there is no garden.”

- Frances Bacon

About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



Presented by **Dignity**[®]
MEMORIAL

Upcoming TAPS Institute Programs



Understanding the Healing Powers of Recreation, Leisure, and Play

Live Webinar, Noon-1:00 p.m. ET

Rachel Hunsell, Programs Manager, TAPS Outdoor Engagement

Visit taps.org/institute to learn more and RSVP!