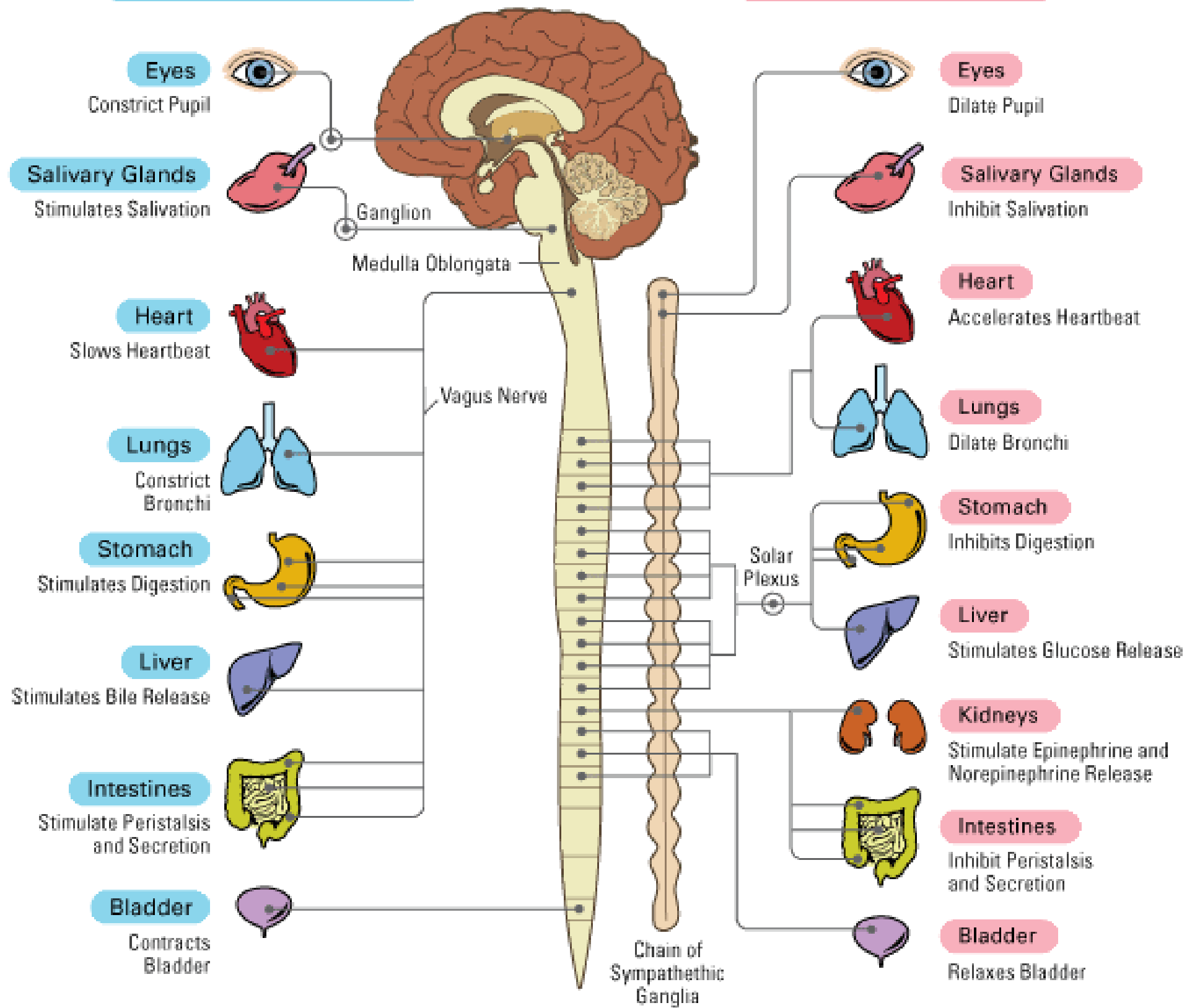


Building Personal Resilience Part II
or
don't talk to me now I'm too busy
scanning for danger

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Parasympathetic

Sympathetic



**B
R
A
K
E**

**internal
world**

**Schema Explaining How Parasympathetic and
Sympathetic Nervous Systems Regulate Functioning Organs**

**A
C
C
E
L
E
R
A
T
O
R**

**external
world**

Recap on ANS

monitors our internal state

our perception of our external environment alters our internal state

its objective is to

- accurately perceive danger/threat/safety
- provide rapid mobilisation of resources to deal with threats to safety (catabolic)
- provide means to replenish those resources (anabolic)
- maintain homeostasis (wellbeing) when not in danger

operates at the unconscious level unless we pay attention

unconscious sensing 5x quicker than PFC (more rational evaluation and problem solving)

should be self-regulating when functioning effectively

**our objective is to improve our 360 situational awareness:
intelligent awareness of both internal and external environments**

why?

to rebuild, maintain or improve resilience

improve individual performance

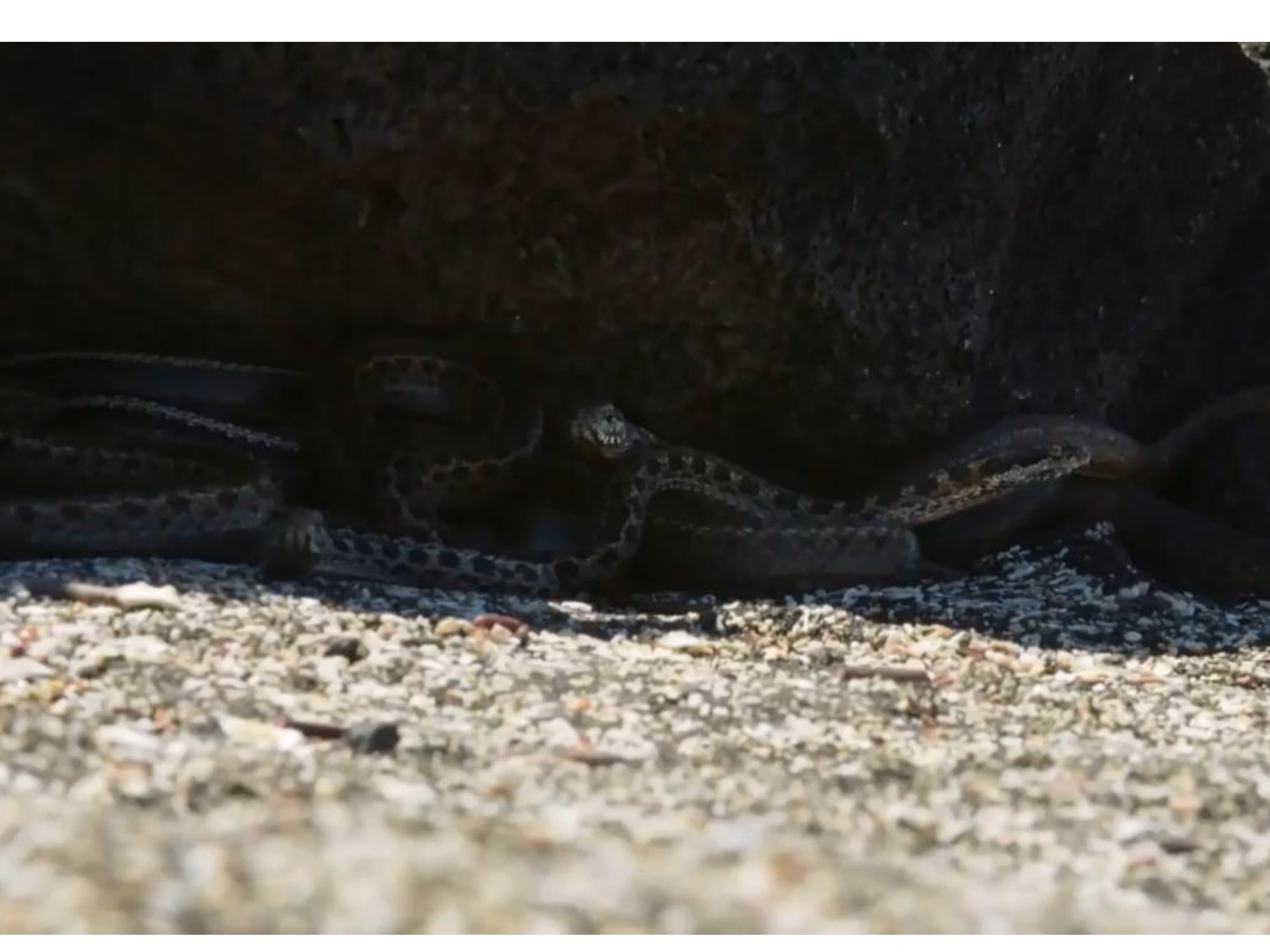
restore, maintain or improve wellbeing (physical/mental/emotional/spiritual)

+

build trusting, collaborative cultures (work and home)

improve the challenge response i.e. not always perceiving life as stressful

improve team performance



The ANS is not our only means for safety & survival



we have each other

we are social mammals

to enable 'safety in numbers'..... the ANS adapted further

mammalian brain seeks emotional safety/comfort



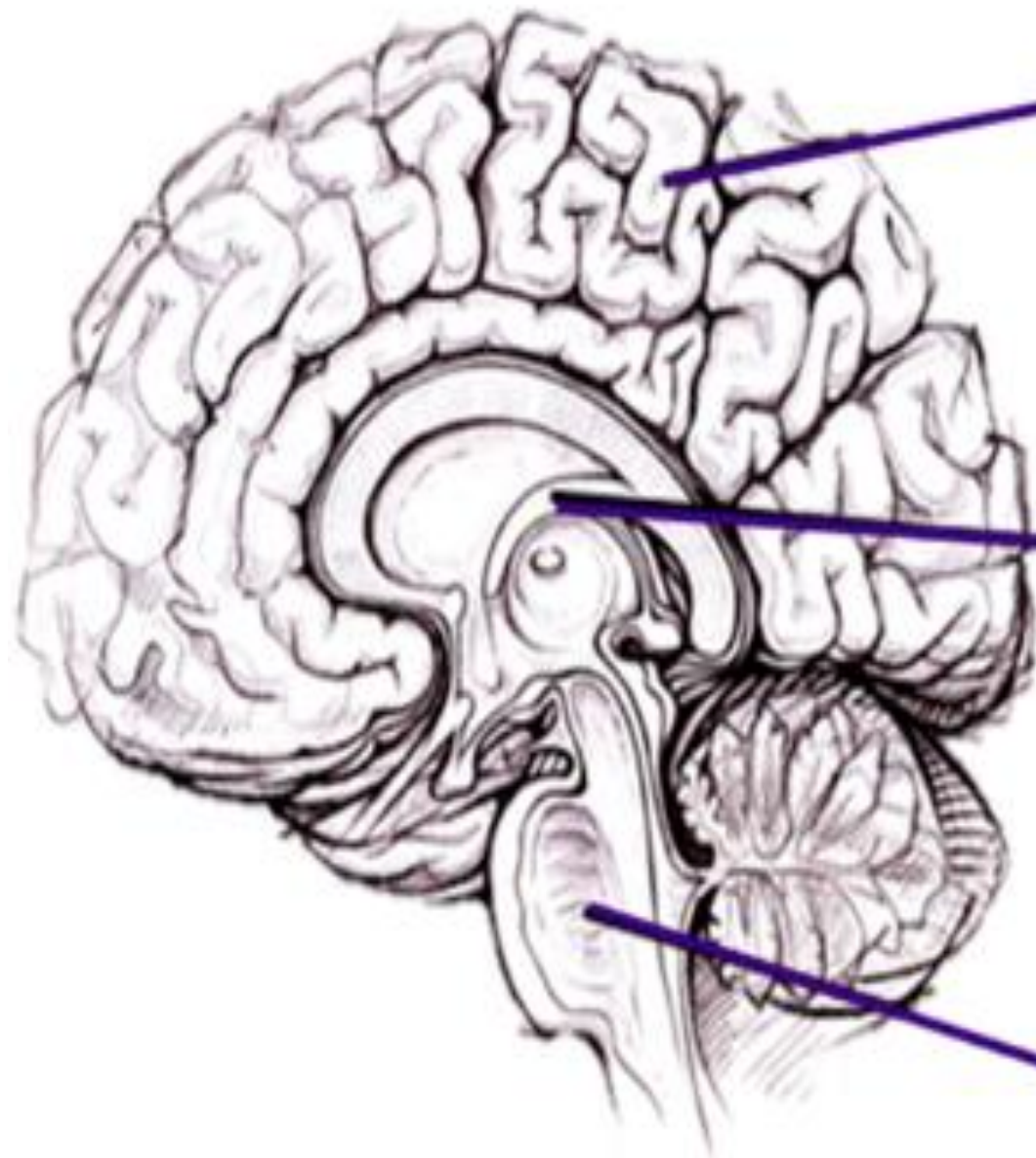
hierarchy of stress response

social engagement

fight and flight.....tend and befriend

freeze

implications for management and leadership?



PRIMATE "THINKING" BRAIN:

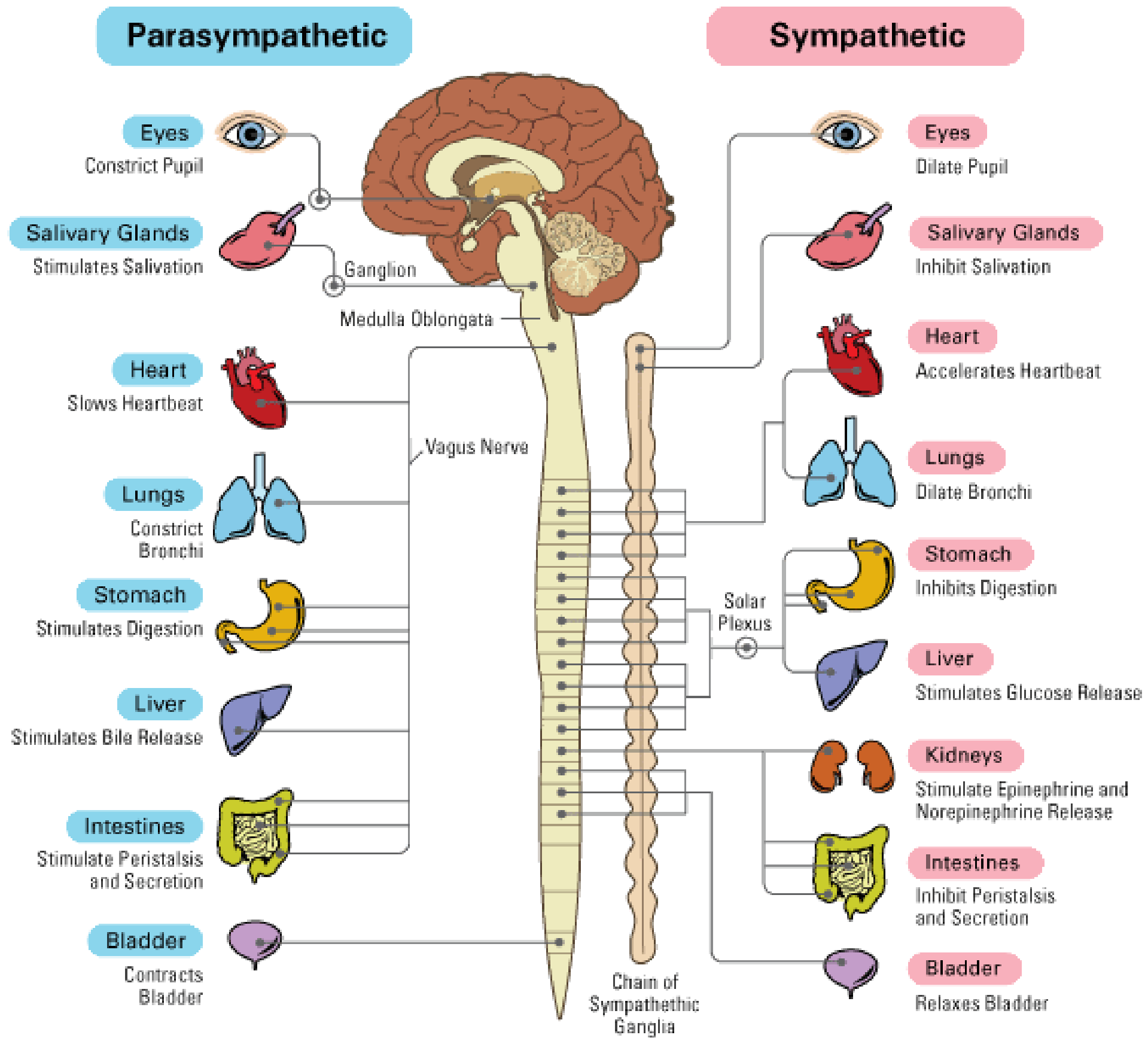
- *Brain region:* Neo cortex
- *Responsible for:* sensory perception, spatial reasoning, generation of motor commands, conscious thought, intellectual memory
- *Happy when:* learning, anticipating future reward, connected to higher purpose, in flow
- *Evolutionary role:* predicting brain that helps the community thrive

MAMMILIAN "FEELING" BRAIN:

- *Brain region:* Limbic system (includes amygdala / fear center & nucleus accumbens / pleasure center.)
- *Responsible for:* (positive) emotions, learning, emotional memory and spirituality
- *Happy when:* feel trust, social bonds, higher status
- *Evolutionary role:* social brain that helps the community survive

REPTILIAN "INSTINCTIVE" BRAIN:

- *Brain region:* brain stem
- *Responsible for:* the 4 F's - fight, flight, feed and fornicate (wired for danger and therefore negative emotions)
- *Happy when:* safe from danger
- *Evolutionary role:* selfish brain that helps us survive individually



Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

