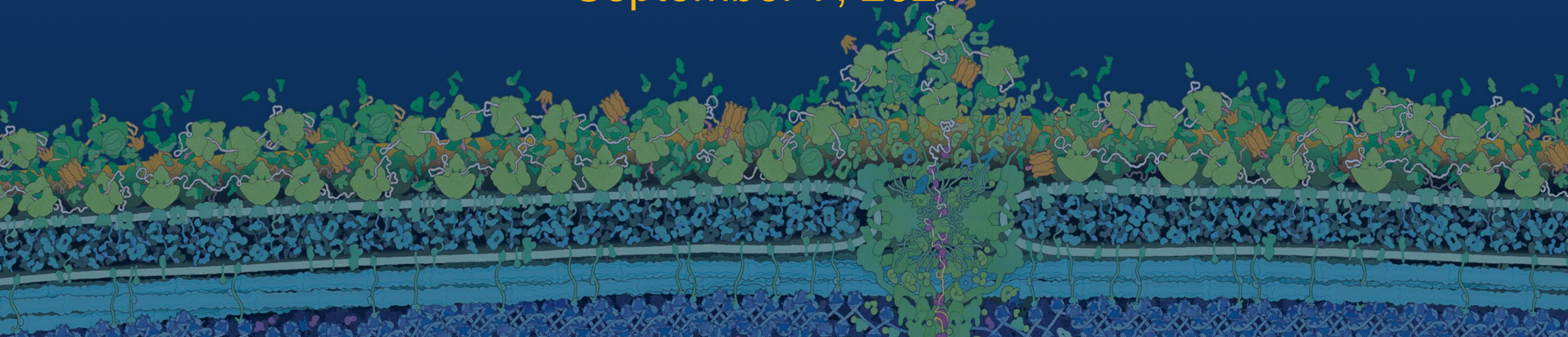


Self-Mastery Tools for Hard Times

Presented To:

Association of Biomolecular Resource Facilities

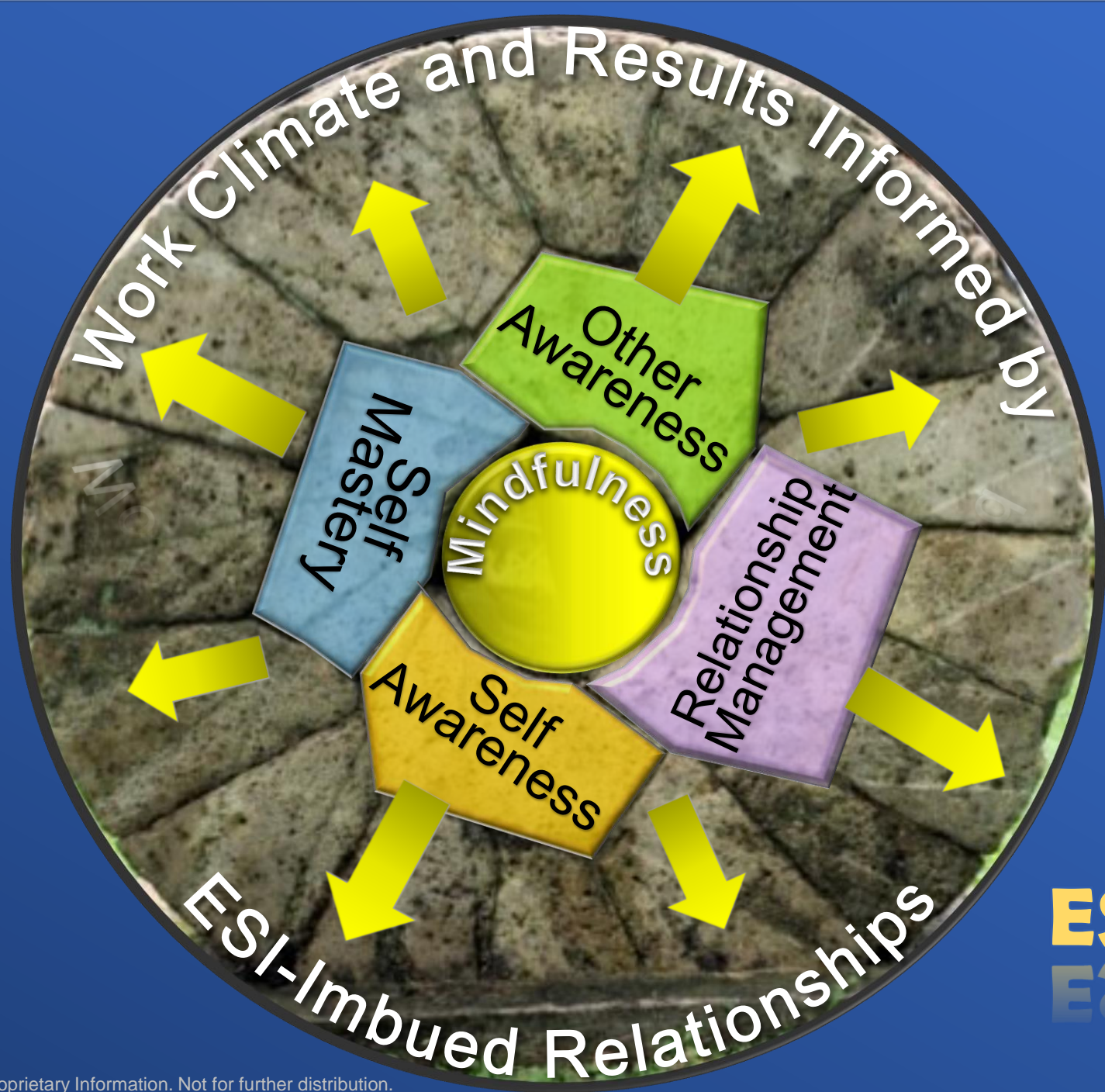
September 7, 2021



Agenda: Self-Mastery Tools for Hard Times

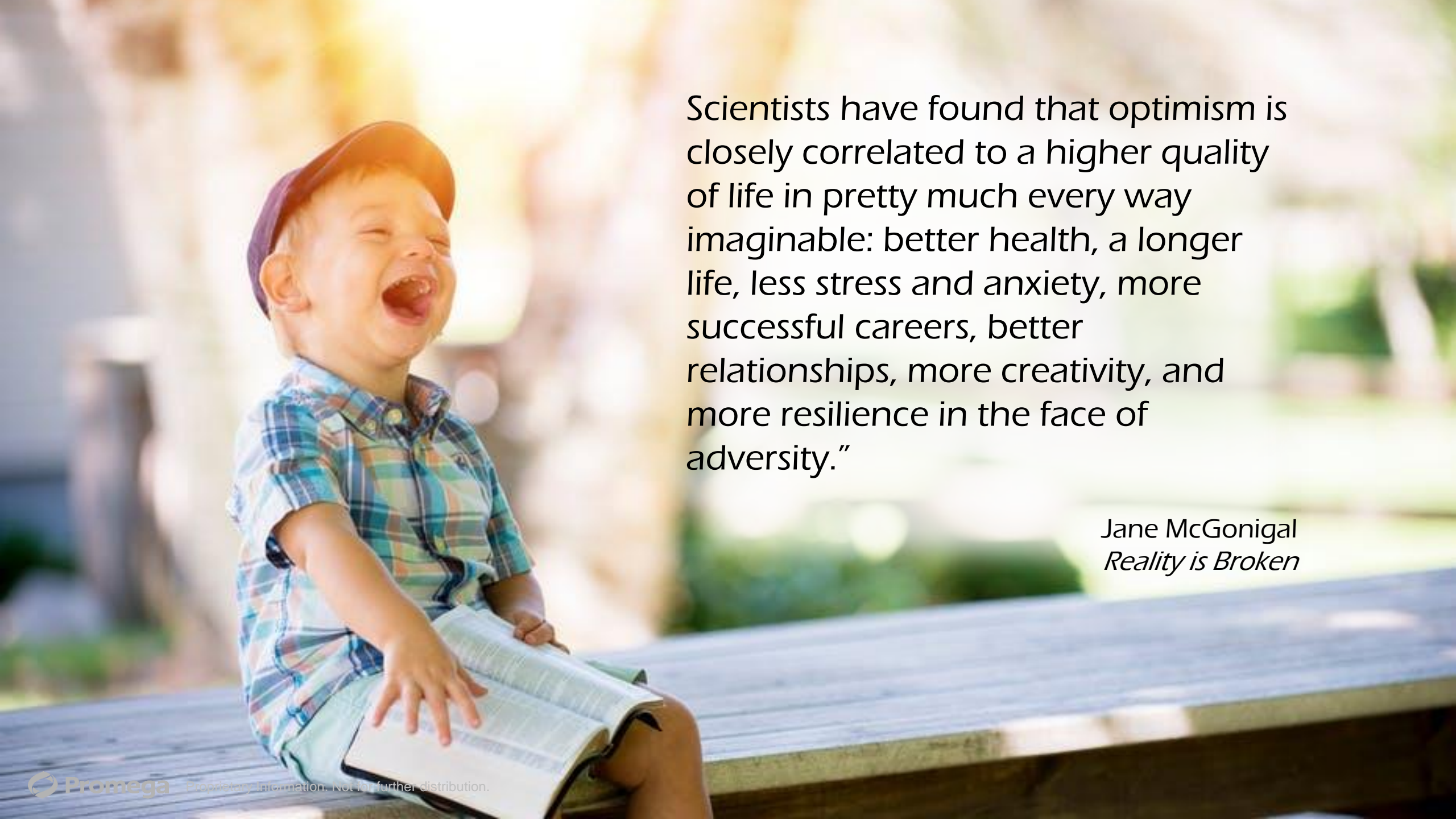
- **Grounded Optimism:** Choosing to Learn and Grow
- **The Power of Vulnerability**
- **RAIN:** Leveraging Difficult Experiences to Grow Self-Awareness and Build Strength
- **HEAL:** Catching and Creating Positive Experiences for Increased Resilience and Strength
- A Nod to **Professional Support**





The ESI Wheel

ESI MP661



Scientists have found that optimism is closely correlated to a higher quality of life in pretty much every way imaginable: better health, a longer life, less stress and anxiety, more successful careers, better relationships, more creativity, and more resilience in the face of adversity.”

Jane McGonigal
Reality is Broken

Positive Psychologists assert that the opposite of depression is not happiness, it is *optimism*. It's an optimistic sense of our own capability to handle diversity and set-backs and the capacity for vigorous activity in the face of both.

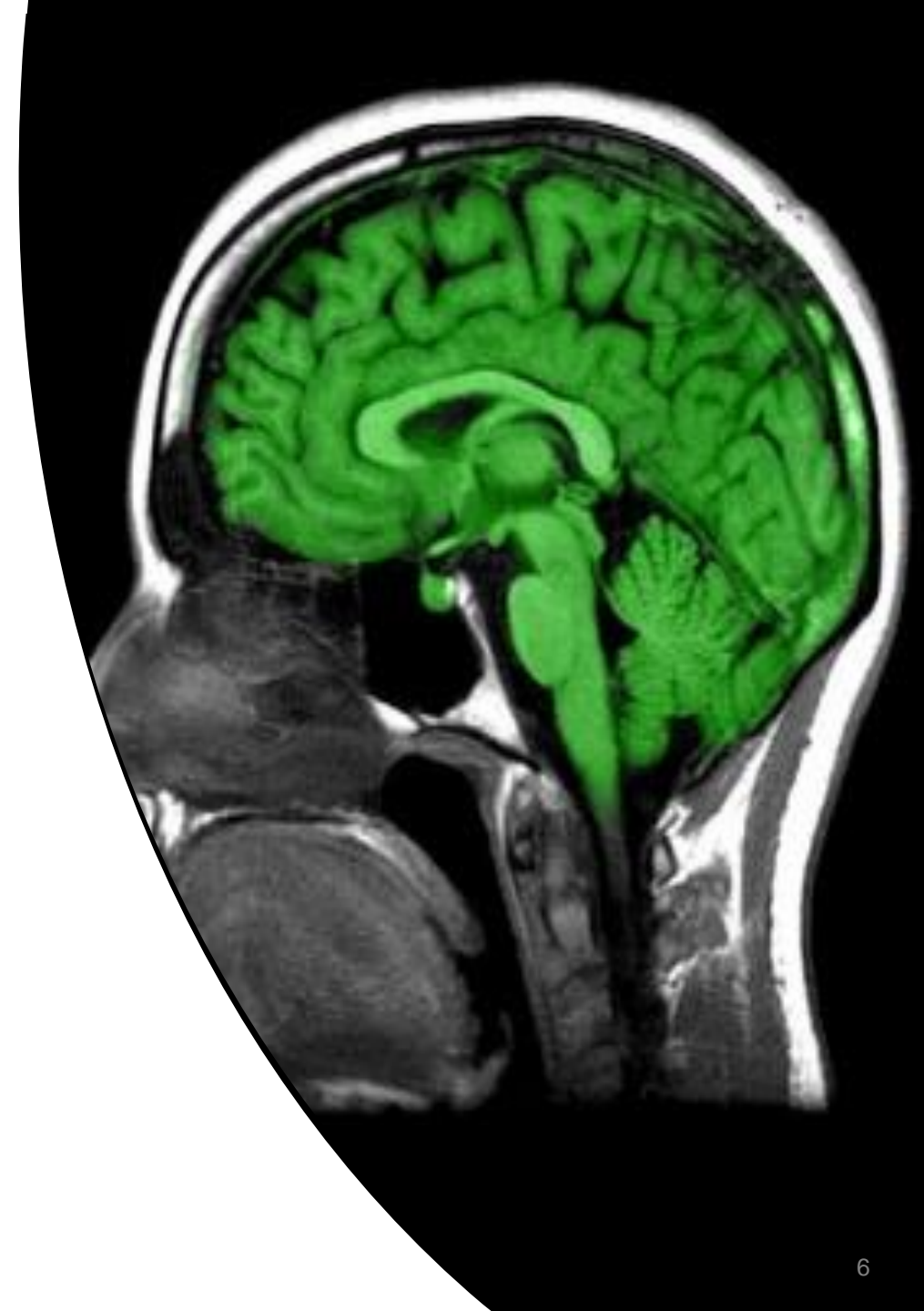
Jane McGonigal
Reality is Broken



Optimism: Choosing to Learn and Grow

Optimism = A Learning Orientation

- Living the perspective that everything that happens—joyful or hard—offers us the opportunity to grow and open through learning
- Taking what normally hardens our heart and closes our mind and use it as a path of learning and awakening to new possibilities
- Choosing the right thing to cultivate:
 - Do we cultivate our resentments and cravings?
 - Or do we cultivate our inner authority, openness to our life as it is, etc.?



Common Responses to Hard Times

- Numbing Strategies
- Becoming Harder/Tougher
- Seizing Control
- Others? (Put in the Chat)





On opening to pain

When we protect ourselves so we won't feel pain, that protection becomes like armor, like armor that imprisons the softness of the heart.

If we can learn to open to pain—to stay with it—we become willing not just to endure it but also let it awaken our hearts and soften us. We learn to embrace it, and it takes us to the sweetness of life.

“If we want to reignite innovation and passion, we have to rehumanize work.”

*Brené Brown
Daring Greatly*



Vulnerability

If we want to rehumanize the work,
we need to be more human in the
workplace.

Vulnerability Myths



1. Vulnerability = Weakness

**2. Vulnerability is letting
it all hang out!**

3. “I don’t do vulnerability.”



Vulnerability is actually . . .

- The cradle of emotions
- The birthplace of joy, courage, and creativity
- The heart of aliveness
- The source of empathy and authenticity
- A foundation for resilience



The Price of Invulnerability

TED^x KC



Brené Brown at TEDxKC

Vulnerability Exercise

1. Think of a future time in which your degree of vulnerability may affect how things go.
 - What would be the advantages of being more vulnerable in this situation—to yourself, to others? What would be the disadvantages or risks—to yourself or others?
 - What would it look like for you to be vulnerable—what will you say? What are the nonverbal components? How does your presence change? Are there different degrees of vulnerability possible?
2. If you are going to be more vulnerable, what also might you need to feel safe? Is there something you haven't yet thought of that you need in this situation?
3. Are there ways that you can convey both vulnerability and appropriate authority, confidence, or positive self-regard? What does that look like for you—to express vulnerability and strength/inner kindness?

R.A.I.N.

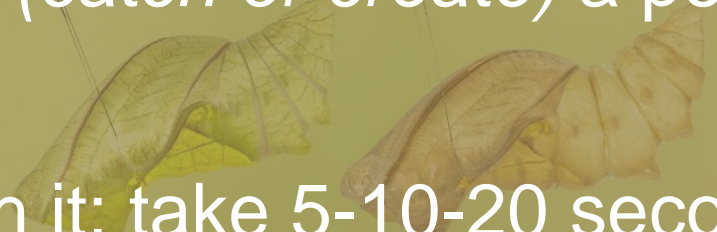
- R Recognize what is happening**
- A Allow life to be, just as it is**
- I Investigate your inner experience to deepen understanding**
- N Nurture with self-compassion (aka, be gentle with yourself)**

After the RAIN, realize freedom from narrow identity

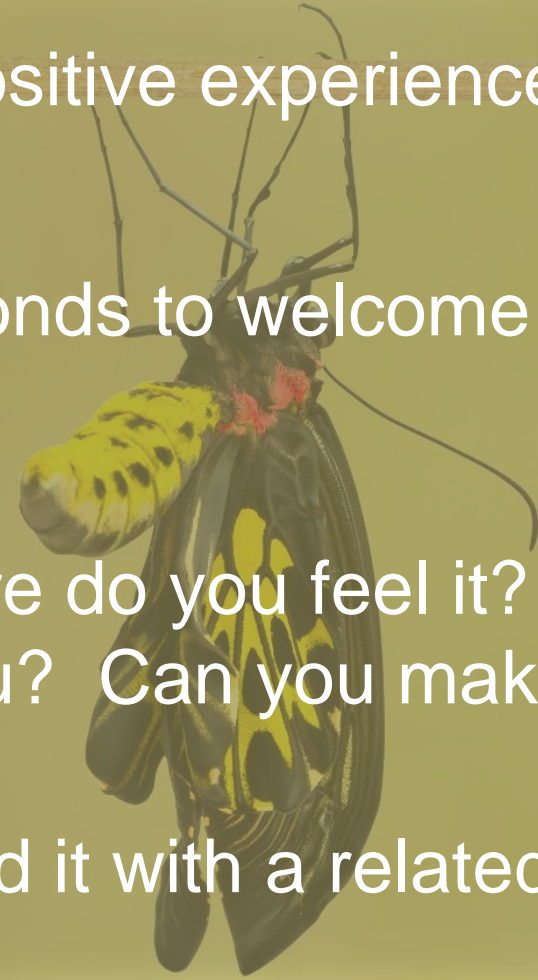
H.E.A.L. Method for **CATCHING & CREATING** Positive Experiences



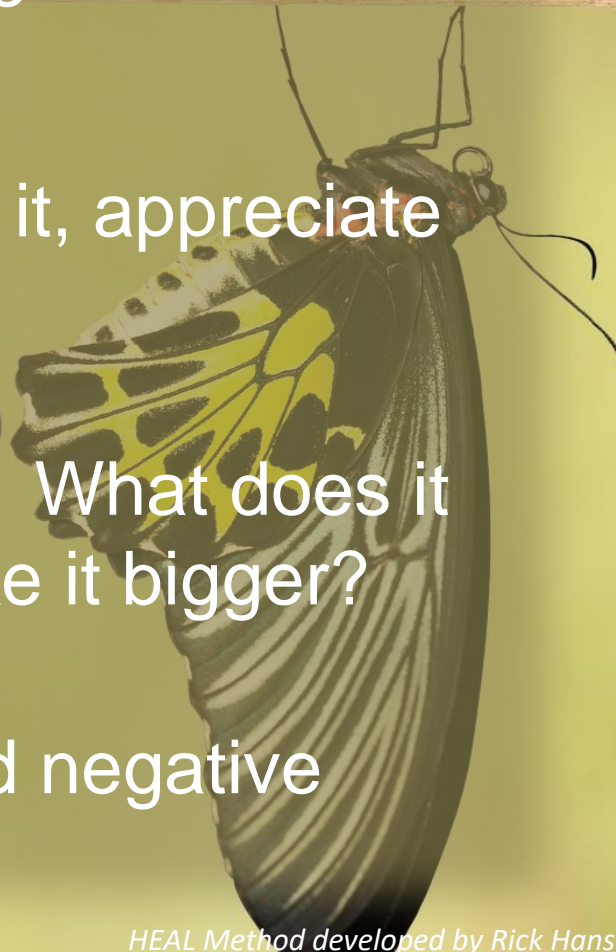
H Have (*catch or create*) a positive experience



E Enrich it: take 5-10-20 seconds to welcome it, appreciate it, thank it for arriving



A Absorb it in the body: Where do you feel it? What does it feel like? Does it move you? Can you make it bigger?



L Link (optional): link and hold it with a related negative experience



Whatever You Pay Attention to...Grows.

What is it that you want to grow?

How can you turn your attention toward this area of your life or work? And how can optimism help you?

Is there anything in today's talk about optimism and vulnerability that shifts how you will approach this?

Take 2 minutes to write about this and read it again before you go to bed.

Thank You & Stay Connected

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