

THE EXTRA POINT

BY JERRY ROBERTS



952 Developing Greater Resilience – Part 1

Are you a resilient person? Would you like to know how to boost your resilience? I'm Jerry Roberts, and today, let's talk about how to do that, next, on The Extra Point.

Resilience is a hot topic right now. Over the past 20 months we've seen COVID lockdowns, economic uncertainty, constant political bickering, and the feeling that an individual is powerless to generate any kind of change to turn things around.

People who have been better able to roll with the punches during this time, and have functioned at a higher level, are said to be more resilient. A recent article in CEO World pinpoints several factors in how a combination of mental and physical health bolsters resilience.

We know that our brain controls everything we do, but relies on a healthy body for optimal performance. Between today and tomorrow, we'll list seven things we can do to help our brain do better and become more resilient.

1. Exercise. It is the fundamental building block of resilience. Every time we exercise, the brain releases a cocktail of brain-enhancing chemicals. Some of these improve our mood, while others burn up stress hormones.

The anti-stress chemicals are released in greater amounts through more intense exercise, which is why H.I.I.T. — high intensity interval training — is advisable for people who are physically able to do it. Adding H.I.I.T. moves to resistance exercise, is the best combination for most people.

One item to note. If your workouts are highly intense and too often, that can lead to a release of excess amounts of the stress hormone cortisol. Consistently elevated cortisol levels are blamed for blood pressure, diabetes, weight gain, osteoporosis, and even impaired fertility.

Some of the symptoms may be interruption of the menstrual cycle, acne, or a total lack of energy. Check with your health professionals if your exercise has you feeling a little "off," as this could be the problem.

2. Cold showers. We've talked about them a lot. Alternating hot and cold, or even a 30- to 60-second cold blast at the end of the normal shower, is said to result in a 29% reduction in sickness and absenteeism after a year, compared to those who did not.

A cold shower also reduces stressors and strengthens the immune system.

3. Mental sculpting. This is different. We know how to exercise and take cold showers, but how do we control our mind, to "sculpt" it into a device that can deliver the results we want?

There's a lot of language in this kind of conversation that loses some folks, as it focuses on "new age" thinking, inner gremlins and inner sages, and I don't want to go there.

Think of it this way. There are two little voices in our mind at all times. The one that spouts all the negative self-talk, doubts, and the "woe is me" victim mindset. The other voice is the positive one, the guide that tells us we are capable of great things, to push forward in the face of challenges, and it shines a light on our strengths, rather than our weaknesses.

The idea of sculpting is simple. We need to keep watch on our mind, and when we begin to slide to the negative, a little alarm goes off in our head, and we recognize what's happening. Then, we can adjust our focus and redirect our attention on the positive.

Still a little bit too much on the new age side for your taste?

(Con't.)

Okay. When you feel your attitude going sideways all of a sudden, just put the brakes on and tell yourself that you're better than that. Fair enough?

Part two of how to be more resilient comes tomorrow.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

###

For information on training and consulting services with Jerry Roberts, please click this link: guamtraining.com

