

# THE EXTRA POINT

BY JERRY ROBERTS



## # 953 Developing Greater Resilience — Part 2

More today on the topic of how to be a more resilient person. I'm Jerry Roberts, and today, let's talk about how to do that, next, on The Extra Point.

Yesterday, we began to talk about what it takes to be a more resilient person, in the face of significant challenges and disappointments. We got through the first three of seven things we can do to boost our resilience.

We discussed the need for regular exercise, including high intensity interval training, as well as some resistance exercises.

Second is taking cold showers, which provides numerous benefits. Third is making an effort to control our thoughts, pushing out the negatives when they begin to take over.

4. Gratitude. This is actually a link to the idea of controlling our thoughts. Think about it, if our inner radio station is locked onto the gratitude channel, those negative thoughts are going to have a tough time distracting us.

5. Breath work. Maybe you've heard of "box breathing," a technique used by US Special Forces soldiers to control stress. This and other breathing techniques influence the vagus and phrenic nerves to reduce the heart rate and blood pressure. This brings the brain out of stress-inducing beta waves to calm-inducing alpha waves. It works like this:

*Breathe in for four seconds  
Hold your breath for four seconds  
Breathe out for four seconds  
Hold your breath for four seconds  
Repeat this pattern for 3 to 10 cycles*

6. Digital sunset. We've mentioned this before as part of an effective sleep regimen. Too many of us are glued to our devices all day and all night. Sleep experts report that it's the night use that can hurt sleep efforts.

There is no universal opinion on when to shut down and get off the computer, TV, or phone, and start to get ready to sleep. Some experts say 30 minutes, others suggest an hour, and I've read that two hours is preferable.

You can test this to see which is best for you, but it's clear that falling into restful sleep will take longer unless we shut off our electronics ahead of going to bed.

Once the screens are off, maybe you can try the box breathing, read, take a warm bath, and hopefully drift off in slumber.

7. Connecting to others. This is a big part of generating resilience. The article in CEO World mentioned the Vietnam war, and how some prisoners spent more than seven years in the 'Hanoi Hilton' prison camp, with some in solitary confinement for as long as four years.

The prisoners had a 'tap code' to communicate with each other, tapping out letters of the alphabet on walls or pipes. In reality, the tap code was social support at a time when each man desperately needed it. It was the tap code that helped them to make it through a long and brutal experience.

Reach out to others, and regularly connect with them. It will help both of you.

Seven simple ideas to build up our resilience. I hope one or more work well for you.

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.

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