

Self-Care is Caring for Others:

an introduction to stress-management and
resiliency training.

MISPIBO 

Who are you?

“I help people work hard, live well + have the heart to express strength through courageous.” -Ambrose WB

I am a habits-based health and fitness coach focused on:

1. Strength and conditioning
2. Nutrition and lifestyle habits
3. Breathwork and meditation



What are the qualities and values you seek in others?

Human Values:

- Everyone share them (universal)
- We all can agree it's fair to display them if we expect them
- Yet, no one is able to be their “best self” all the time



What blocks us from practicing self-care?



What is stress?

Stress is your body's way of responding to any kind of demand.

Are you “Button Proof”?



What areas of your life does stress affect?

Stress affects us in 4 main areas:

1. Emotional
2. Mental
3. Physical
4. Spiritual

All of which manifest through our behaviors.



What do kids say when I ask:

“How do *most* kids see *most* adults deal with stress?”

This is what kids say:

- Drinking
- Drugs
- Yelling
- Hitting



What Would the Average Person Say Self-Care is?

In **health care**, self-care is any necessary human regulatory function which is under individual control, deliberate and self-initiated.

In **philosophy**, self-care refers to the care and cultivation of self in a comprehensive sense, focusing in particular on the soul and the knowledge of self.



Who are you?

- Find a partner
- Better if you don't know the person
- Find some personal space (at least 3 feet away from others)
- Sit with your chairs/bodies facing each other
- Decide who is "A" and who is "B"



How we can manage our “self”:

By becoming aware and deliberate about our:

1. Habits
2. Routines
3. Rituals



What is “resiliency”?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – It means "bouncing back" from difficult experiences.

It involves learned and developed:

- Behaviors
- Thoughts
- Actions



How can you train your resilience?

First, be aware that we all have it.

Then by becoming aware and deliberate about our:

1. Habits
2. Routines
3. Rituals



There's a lot...on resiliency

Brene Brown, “The Power of Vulnerability” TED Talk

Angela Duckworth, “Grit”

David Goggins



What's your story of resilience?

Think of a time when you faced a difficult situation and responded in ways that led to better outcomes...

- This is a story about... “Ambrose”
- What happens here is...choices made, resources turned to, strengths used or insights gained
- And that leads to...a turning point, mindset shift, new possibility, or unexpected opportunity





Adversity, Fear, and Paralysis

Remember Kodak? Why did Kodak go out bankrupt?

- Adversity: disruptive technology of digital photography
- Fear: Kodak understood the film business -- didn't want to change
- Paralysis: prevented them from leveraging their own invention. Kodak didn't focus enough - blind optimism

...Ignored the facts.

“Hey how's dem Packers?” (Ask in Wisconsin versus Texas)

A guided meditation:

Breathing as a meditation for stress-management and resiliency.



Feedback

— — —

- Questions
- Comments
- Concerns
- Suggestions



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