



# **Resiliency Building**

***Grillo Lecture series January 22, 2013***

***Will Van Derveer, MD***

# Learning Objectives

Challenges + abundant resources =

# *Increased resilience*



# Necessary for Growth

- \* Growth cannot be achieved by avoidance of adversity
- \* Three requirements for healthy child development:  
*Attunement, Rupture, and Repair.* –Daniel J Siegel
- \* The “Good enough mother” of DW Winnecott

What happens when you repeatedly  
experience challenges with  
inadequate resources?

# ***CHRONIC STRESS***

# Self Check for Stress

- \* Effects on Mind
  - \* Anxiety
  - \* Irritability/anger
  - \* Lack of focus
  - \* Depression
  - \* Drug abuse
  - \* ***Social withdrawal***

Source: American Psychological Association "Stress in America Report," 2010

# Self Check for Stress

## \* Effects on Mind

- \* Anxiety
- \* Irritability/anger
- \* Lack of focus
- \* Depression
- \* Drug abuse
- \* ***Social withdrawal***

## \* Effects on Body

- \* Headache
- \* Muscle tension
- \* Chest pain
- \* Fatigue
- \* Change in sex drive
- \* Sleep disturbances
- \* Upset Stomach

Source: American Psychological Association "Stress in America Report," 2010

**(Such experiences indicate you need more resources)**

# Exercise 1: Affiliation



# Lessons from primates

Affiliation and play reduce stress states and increase resilience

Higher ranking baboons enjoy more affiliation, have lower cortisol (stress hormone) levels, and fewer diseases.



[Why Zebras Don't Get Ulcers \(1994\)](#)

Robert Sapolsky, Stanford University professor

# Autonomic Nervous System

- The venue for stress to play out
- Sympathetic (SNS)
- Parasympathetic (PSNS)
- Healthy balance

# ACE study: long term effects of early stress

- ◆ 17000 Kaiser patients
- ◆ Number of Adverse Childhood Events correlate to *strong and graded increased risk* of the following conditions in adulthood:
- ◆ Ischemic heart disease, liver disease, lung disease, miscarriage, smoking, alcoholism, STDs, and others

# Science of Resiliency

# Chronically elevated stress hormone levels correlate with physical diseases in baboons and humans

<http://news.stanford.edu/news/2007/march7/sapolskysr-030707.html>



Robert Sapolsky with Rock, one of many wild baboons that he has studied in Kenya's Serengeti. By linking baboons' behavior with their health, Sapolsky has learned that individuals cope with stress in different ways.

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- That difference is HRV.
- Optimal HRV appears as a smooth sinusoidal waveform.

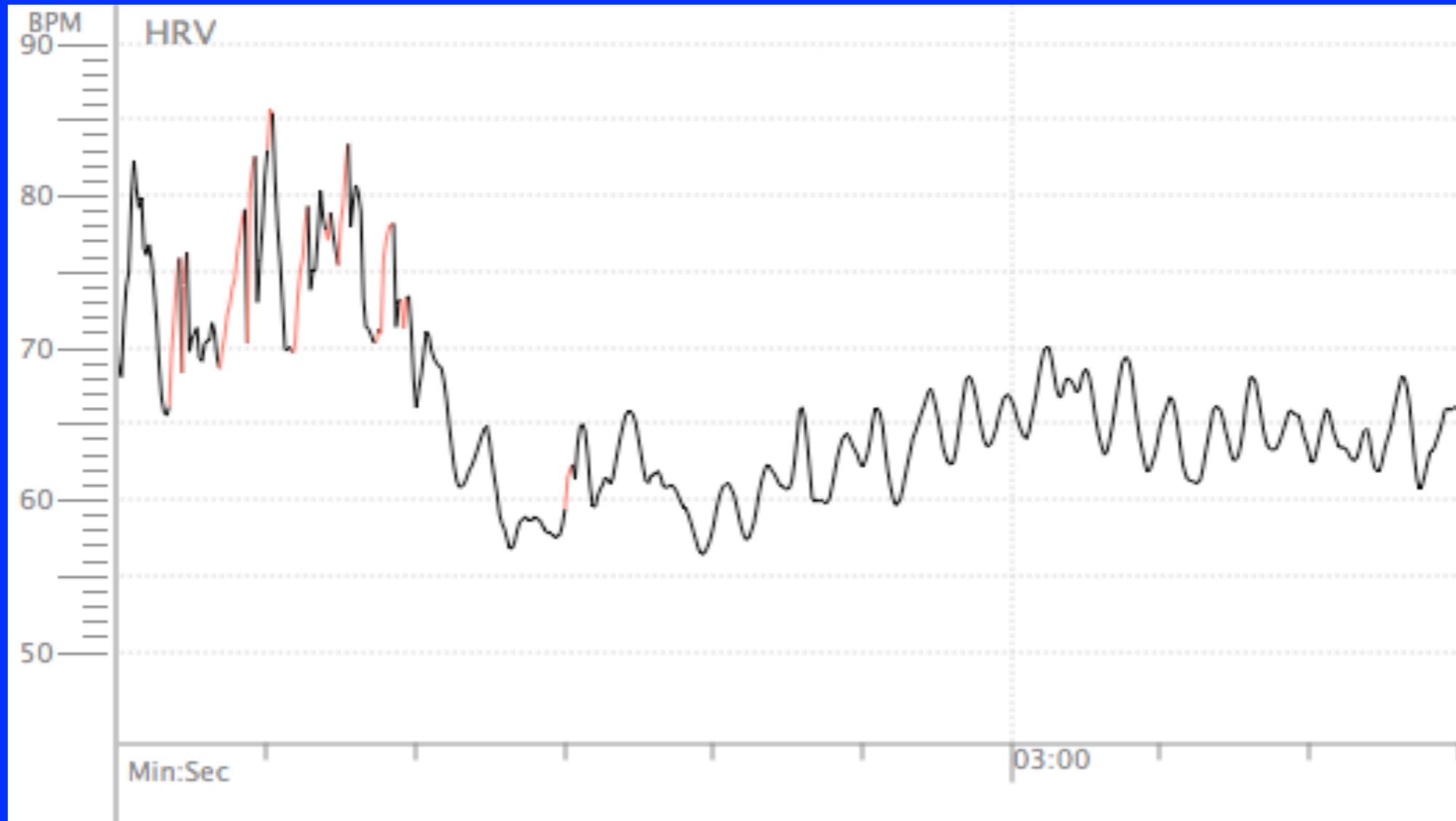
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- Healthy HRV is correlated with resiliency and longevity
- HRV pattern changes in acute stress states and chronic diseases and earlier mortality
- Can measure in real-time the differences between resilient and stressed states
- Hand held devices and software readily available

# HRV sessions



# Exercise #2: breathing with body awareness



# Breathing Naturally



# Basic Toolbox

\* Affiliation

\* Breath awareness

# Additional Resiliency resources

- \* Exercise
- \* Play
- \* Relaxation
- \* Good food
- \* Nature
- \* Good sleep

# Additional Resiliency resources

- \* Exercise: Ideally 30 minutes of cardio plus weights if possible 3 days a week.
- \* Play
- \* Relaxation
- \* Good food
- \* Nature
- \* Good sleep

# Resiliency resources

- \* Exercise
- \* Play: vacations, laughter, silliness, lots of “down time,” music, dancing, pets?
- \* Relaxation
- \* Good food

# Resiliency resources

- \* Exercise
- \* Play
- \* Relaxation techniques: diaphragm breathing, yoga, meditation, tai chi, many others unique to you
- \* Good food

# Resiliency resources

- \* Exercise
- \* Play
- \* Relaxation techniques
- \* Good food
  - \* Lots of lean protein
  - \* Plenty of healthy fats
  - \* Leafy greens
  - \* Minimal grains
  - \* No sugar



Nature



Good sleep

# Take home...

- ◆ Stress Happens
- ◆ Rather than struggling to eliminate stress...
- ◆ Focus on building resiliency
- ◆ Resiliency is earned by facing challenges while practicing skills such as affiliation and breath awareness and many others

# Further reading...

- \* Robert Sapolsky PhD [Why Zebras Don't Get Ulcers](#)
- \* John Kabat-Zinn PhD [Full Catastrophe Living](#)
- \* Robert Scaer, MD. [8 Keys to Brain Body Balance](#)
- \* [www.heartmath.org](http://www.heartmath.org) for Heart Rate Variability

