



Staying Centered in the Storm:
Cultivating and maintaining wellbeing in complex environments

Patricia Galaczy, B.A., M.I.R.

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What we need most is often
the last thing we prioritize

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Rest.

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VUCA




VOLATILITY UNCERTAINTY COMPLEXITY AMBIGUITY

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A Wandering Mind is an Unhappy Mind
Killingsworth & Gilbert. (2010) Science




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Rest

You can't stop
the waves,
but you can
learn how to
surf

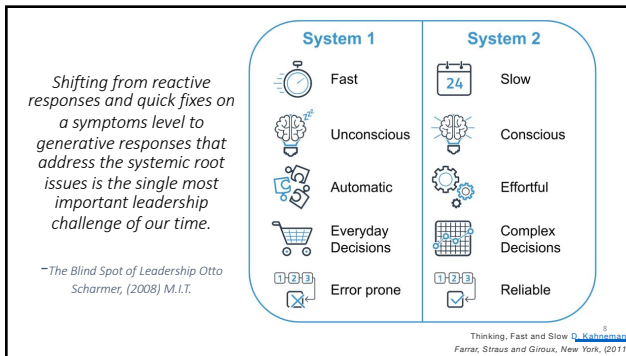


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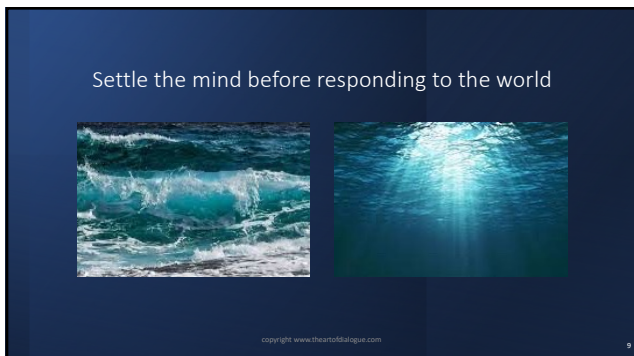
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4 Rs of Staying Centered in the Storm

- Rest:** Permission to pause together and re-charge
- Reality:** Connect and reflect together on current realities and resources
- Resources:** Develop and practice real-time resources
- Respond:** Uncover new ways of thinking together. Allow a wider view of values-based wisdom and compassion to guide our actions.

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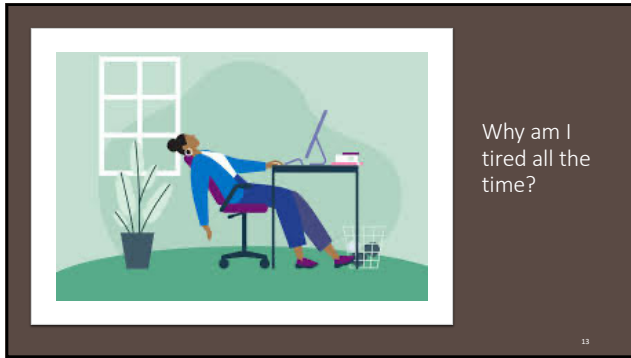
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Permission to Practice Pausing

S. STOP
T. TAKE a few deep breaths
O. OBSERVE
P. PROCEED

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Why am I tired all the time?

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Seven Types of Rest

1. Physical Rest
2. Mental Rest
3. Sensory Rest
4. Creative Rest
5. Emotional Rest
6. Social Rest
7. Spiritual Rest

The real reason why we are tired and what to do about it | Sandra Dalton-Smith | TEDxAtlanta

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Reality

There is a glass

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Mindfulness

- A non-judgmental, receptive mind state in which one observes thoughts and feelings *as they are*, without trying to suppress or deny them.
- pay attention
- on purpose
- in the present moment
- *nonjudgmentally*

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Turn the mind into a resource for well-being

ATTENTION
Stabilize the Mind

AWARENESS
Observe the Mind

INTENTION
Direct the Mind

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Short meditations 5-13 minutes/day consistently and significantly enhance mood, sleep, cognitive performance, and ability to focus.

Brief, daily meditation enhances attention, memory, mood, and emotional regulation in non-experienced meditators

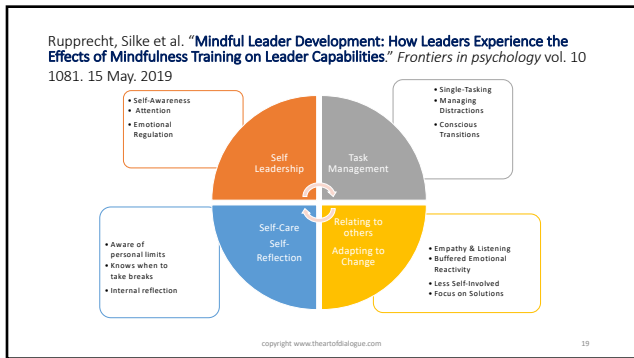
Julia C. Basso, Alexandra McHale, Victoria Ende, Douglas J. Oberlin, Wendy A. Suzuki

Neural Science

Research output: Contribution to Journal › Article › peer-review

January 2019 Behavioural Brain Research Journal

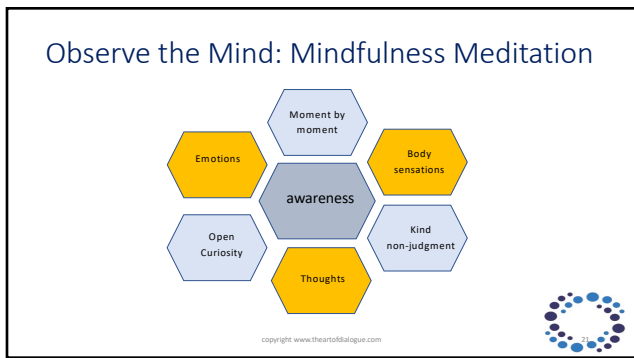
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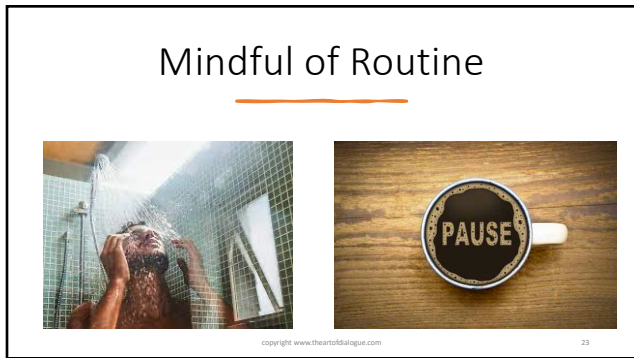
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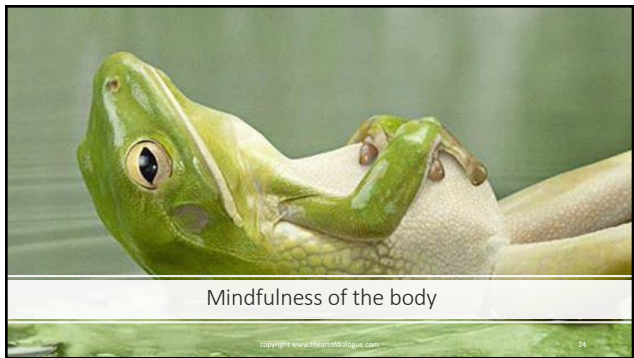
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It is like this right now

What realities are you currently facing?



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How do you stay centered?

What realities are you currently facing?


What helps you meet these realities?



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Resource



Internal Recovery Strategies	External Recovery Strategies
What resources can you draw upon during stress?	What resources can you draw upon to help you complete the stress cycle?

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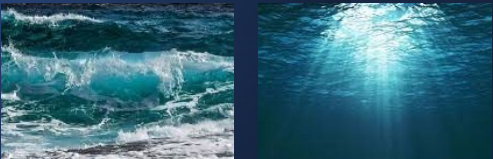


Why firefighters are so good managing the crazy

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Waves vs. Ocean



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stress

"Stress is the perception of a physical or psychological threat coupled with the belief that we do not have the resources to cope."

-R. Lazarus



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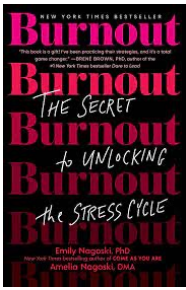
While you are managing the day's stresses, your body is managing the day's stress

It is absolutely essential to your wellbeing that you give your body the resources it needs to complete the stress response cycles that have been activated.

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6 evidence-based ways to complete the stress cycle

1. Physical Movement
2. Connection with your People
3. Laughing
4. Affection
5. Crying
6. Creativity
7. Others?




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What makes a life fulfilling and meaningful?

The Good Life: Lessons from the World's Longest Scientific Study on Happiness 2022

- The stronger our relationships, the more likely we are to live happy, satisfying, and overall healthier lives.



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What Are Your Top Relational Sources of Resilience?

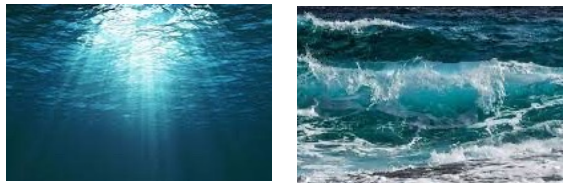
A well-developed network of relationships can help you rebound from setbacks. Identify the spheres that are most important to you. Are you falling short in some categories?



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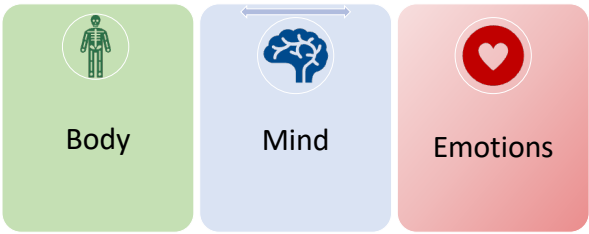
Internal recovery: Access **internal** resources **during** stress



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Access **internal** resources **during** stress




Body

Mind

Emotions

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Body


- Conscious of the body
- Conscious of the breath
- Conscious of the senses
- Sensing, not thinking

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Direct the Mind

- Practice pausing
- Undivided attention as a means of rest
- Take the wider view
- Cognitive reappraisal
- Connect with purpose, align with values
- Take in the good



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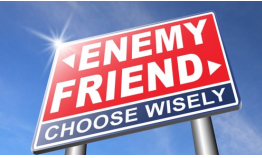


The more influence we have over someone, the more responsibility we have, to treat them well.

Emotions

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Grow Compassion with What is Difficult



How you relate to yourself when the going gets tough—as an inner ally or enemy—determines your ability to cope successfully

Published peer-reviewed studies:
<https://www.compassioninstitute.com/the-program/research/>
<https://self-awarenessinsights.com/the-research/>

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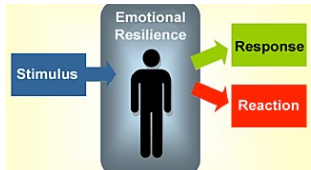
Self Compassion

What is happening inside me right now?
Can I let this be?

1. **Mindfulness:** This is a moment of suffering. This is difficult
2. **Common Humanity:** Suffering is part of life. This is normal and human.
3. **Self Kindness:** May I be kind and compassionate to myself




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Respond

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The success of the intervention depends on the interior condition of the intervenor

— Bill O’Brian

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Settle the mind before responding to the world

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Who can I help?

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Practice Pause

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**1 % SHIFT:
SMALL MOMENTS MANY TIMES**

1% micro changes
Tiny yet remarkable and sustainable alterations to our daily lives really do have the power to change them.

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May you be happy

Eudaimonic well-being

"The happiness of others is one of our goals, so we must take care of ourselves so that we will have the physical energy and the mental clarity to benefit them" - 14th Dalai Lama

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What could you get charged with if you don't practice rest?

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4 Rs of Staying Centered in the Storm

- 1. Rest:** Pause. Take 5 breaths.
- 2. Reality:** It is like this right now.
- 3. Resources:** What resources will help me meet this moment?
- 4. Respond:** Allow a wider view of values-based wisdom and compassion to guide our actions.



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Participants Thoughts Ratings Ratio 4:00



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Please share any feedback on today's session. What will most help you to stay centered in complex environments going forward?

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Thank You

"In the midst of winter, I found there was, within me, an invincible summer.

And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there's something stronger – something better, pushing right back."

Albert Camus

Patricia Galaczy, B.A., M.J.B.
patricia@theartofdialogue.com
www.theartofdialogue.com



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