FOP Community Educational Series
Ability to Self-Replenish

Adapted from

The 10 Facets of Highly Resilient People®

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Recap: Best Practices for Emotional Acknowledgement

1. Notice when you start to feel overwhelmed.
2. Take a few deep breaths.
3. Name the emotions that are under the surface of your anxiety.
4. Focus on the emotion itself and where it shows up in your body.
5. Take a deep breath and give yourself permission to feel it on the inside without judgement.
6. Tell yourself something supportive like “It’s ok to have this feeling.” “I am not my emotions and have the power to feel them and let them go.”
7. Take another deep breath and picture the emotion lifting and letting go of its hold on you.
Recap: Best Practices for Ability to Self-Calm

1. Be aware of your stress response and actively work to recover in the moment.
2. Recognize fight, flight or freeze and how it’s impacting on your body.
3. Calm down from big and little stressors.
4. Stay connected to your breath and to yourself to regulate your nervous system.
5. Close the lid to help the instinctive and rational part of the brain connect and communicate.
6. Regulate your nervous system before you try to help regulate others.
7. Remember you cannot prevent stressful things from happening in your life, but you can bring yourself back from stress reactions and do your best to recover in the moment.
Recap: Best Practices for Self-care

1. Choose behaviors that are safe, fun and rejuvenating to balance the effects of emotional and physical stressors.
2. Emotional self-care varies greatly from person to person
   • Watching TV, reading a book
   • Talking with friends
   • Drinking a cup of coffee in peace
3. There are 3 key areas of physical self-care: exercise, sleep and nutrition
4. Give yourself permission to do whatever it is you need to do. Create a nurturing relationship with yourself that allows for a sense of caring and warmth.
5. It is impossible to do self-care perfectly. Focus on activities that are accessible for your life.
Recap: Best Practices for Hardiness

Commitment

People who are high in commitment work hard and give their best effort. They have a curiosity about what is happening to them versus feelings of alienation from people or the environment.

Control

People feel that they can influence life events and their surroundings. They have a strong sense that they can make things happen and do not feel like victims of circumstance.

Challenge

People see difficult situations in life as a challenge rather than a disaster. They see these challenges as an opportunity to learn, grow and become a better person.
What is the ability to self-replenish?

A form of self-care

Self-replenishment includes the things you do to **restore your energy and sense of well-being** when life feels draining.

When we are replenished we feel renewed and are able to sustain our needs over long periods of time.

**When we are replenished...**

we can enjoy peace of mind, feelings of calm, and a general positive mental state

**When we are depleted...**

we are left with unhealthy stress
Triaging Your Self-Care Needs
What You Need to Know About Self-Replenishment

1. Every person is different, so your strategies for self-replenishment should speak to your interests, values and needs. What works for some people, might not work for you and that’s ok.

2. Self-replenishment activities help you recover on the go and should be done regularly, not just after you feel run down or empty.

3. Positive interactions such as being kind, sharing humor, appreciating others) is an easy way to get more replenishment.

*Example*: Think of some errands, tasks or situation that are normally very draining for you. What are ways you can introduce some meaningful interaction to improve the experience?
How do you train self-replenishment?

If self-calming is challenging, self-replenishment is a good place to start.

Train yourself by doing!

Identify a variety of activities that you can do in different situations or environments (outdoors vs. indoors, in a group vs. alone.)

**Examples:**
- Go for a walk
- Talk to a friend
- Take a nap
- Spend time with your pet
- Tend a potted plant
- Light a candle
- Try something new
- Send a thank you card
- Think about how you’ve improved

**Focus on other Facets:**
- **Self-Calming** and Relaxation Activities
- **Self-care** (Nutrition, exercise, sleep)
- **Self-supporting** Thoughts (gratitude exercises/journaling)
Some emotions such as anger, fear, jealousy, disgust can be more difficult to let go of allowing them to keep their hold on us longer. The negative impact decreases our resource pool over time and drains our reserves.

Using positive interactions to bounce back from challenging emotions is a great way to jump start self-calming.

A simple positive interaction, such as a compliment, makes letting go of negativity easier.
Positive Interactions

Positivity grounded in reality = Authenticity

The magic ratio:
- 5 positive interactions to every 1 negative interaction
- Studies find that environments with ratios greater than 3-to-1 (positive to negative interactions) are significantly more productive.
- However, if the ratio goes higher than 13-to-1 effectiveness moves in the other direction.
How Full is Your Bucket?

If people can be destroyed by unrelenting negative reinforcement, can they be uplifted and inspired to a greater degree by similar levels of positive reinforcement?

We can be passive and wait till someone deliberately fills our bucket

or

we can be proactive and go about the business of filling other people's buckets knowing it's the most efficient way to fill our own buckets.

It is rewarding to positively impact others. We come away with a feeling of well-being because in a small way we made a difference.
Are you filling your (and others’) bucket(s)?

Have you helped someone in the past 24 hours?

Are you courteous to others?

Do you like to be around positive people?

Have you praised someone in the past 24 hours?

Do you smile at the people you meet?

Do you have a knack for making other people feel good?

When you receive recognition, does it make you want to give recognition to others?

Do you make it a point to become acquainted with people wherever you go?

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

—Maya Angelou
How to Fill Your Emotional Bucket

**Fillers:**
- Set boundaries and stick to them
- Know that your value isn’t gauged by sacrifice
- Value what you can bring to your own life
- Receive as much as you give
- Separate your self worth from other’s opinions

**Drainers:**
- Tying your value to what you give others
- Saying “yes” when you want to say no
- Sacrificing yourself so that people will love you more
- Letting people take advantage of you
- Putting others wants before your needs
The End Goal!

The goal is to learn to recognize when you are becoming depleted and replenish your energy and sense of well-being when that happens.

Self-replenishment can be part of a larger self-care plan but should always go beyond doing the basic things you need for your body to stay healthy. It is about doing things that “fill you up.”
How full is Your Bucket?
Self-Replenishing Activities

Think back on a stressful time in your life. What did you do to make yourself feel calmer and better? List all activities, even those that were not necessarily healthy (for example eating or drinking too much.)

1.
2.
3.
4.
5.
6.

Using the scale below, rate each item as to how effective it was in filling you back up.

+3= Very effective
+2= Moderately effective
+1= Somewhat effective
0= Did neither harm nor good
-1= Left me a little bit worse off
-2= Left me moderately worse off
-3= Left me considerably worse off

Use the list of most helpful activities and schedule then into your planner or daily calendar.