Cynthia Ackrill, MD

**Speaker, Leadership Coach, Stress Expert**

[**http://www.cynthiaackrill.com**](http://www.cynthiaackrill.com)

**828.777.9730**

**cindi@cynthiaackrill.com**

Thank you so much for attending the breakfast talk at the Wells Fargo PGA tournament! I wanted to provide you with a handout of a few key concepts we discussed. And I would be happy to provide more information or answer any questions you may have—really! My goal is to support your brilliance and resilience!

**FLOW**—http://en.wikipedia.org/wiki/Flow\_%28psychology%29 Research by [Mihály Csíkszentmihályi](http://en.wikipedia.org/wiki/Mihaly_Csikszentmihalyi) is a state of motivated focus in which distractions are ignored, time is suspended and peak performance is more accessible.

To perform at your peak and successfully negotiate the stress you must actively manage energy in 4 domains:

* **Physical energy**- this supports your power, your ability to cope in the face of challenge. In fact it is the prerequisite for your brain and body to function. You must meet basic human needs of O2, hydration, nutrition, sleep/rest, and movement.
* **Mental energy**- your capacity to harness your brainpower to focus despite interruptions, distractions (internal and external).
* **Emotional energy-** your ability to regulate emotional states to fit the situation
* **Spiritual energy-** your connection to your people, your purpose, your faith or concept of the bigger picture = your why. This is what grounds you in your core values when they are challenged.

**Stress happens- get a plan!** Get proactive and create a strategy for self-care.

1. **Increase awareness –** monitor your physical, mental, emotional and spiritual energy so you can adjust on the fly.
2. **Practice ways to adjust in the moment when you need energy**
3. **Develop strategies to**
	1. **Reduce future stress**
	2. **Reframe stressors so they are less draining**
	3. **Raise resilience so your coping confidence increases**

**5-5-5 BREATH**© This is soft easy breath, not forced or audible

* + Breath in deeply to the bottom of your lungs, letting your diaphragm push your belly out (you can put a hand there to check.)
	+ Hold for a count of 5,
	+ Slowly exhale to a count of 5,
	+ Repeat, Repeat
	+ Once you have the rhythm (You’ll learn this easily!), you can add the 5-5-5 check-in©questions to 3 breaths:
		1. **How am I physically, mentally, emotionally, spiritually?**
		2. **What do I need or what is needed right now?**
		3. **Who do I want to be right now?** (This one is hugely powerful!)

**Mindsets that support resilience and brilliance: 5 C’s and a G ©**

* **Calm** You can use your physiology to calm your brain
* **Clear** Get specific about your challenge
* **Curious** The antidote to stress, ramping up your frontal lobe and creativity.
* **Courageous** Be bold to stand your ground and use your voice to ask for what you need.
* **Compassionate** Empathy and compassion for yourself as well! Use Grace!

 **And Grateful** Also an antidote to stress, especially emotional

**3 WHAT’S AND A WHO©**When you are aware you are reacting these are great questions to gain the perspective you want to choose:

1. **What is the DATA?**
2. **What STORY or EXPECTATIONS am I adding to the data?**
3. **What is needed right now?**
4. **Who do I want to be?**

**KEYS TO CREATING STRATEGIES TO EASE THE DRAIN OF STRESS**

1. Start/middle/end with your WHY – let your values and purpose ground you and guide your choices and boundaries.
2. Create habits, rituals to keep your WHY perspective- this develops mindfulness.
3. Put self-care first. Weekly, put YOU on your calendar. Create criteria for NO.
4. Continue to build self-awareness. Be brave and ask for input.
5. Operate from your strengths. (Take [VIA character strengths questionnaire](https://www.authentichappiness.sas.upenn.edu/))
6. Know your needs & create habits to meet them.
7. Make self-development part of your life. Mindfully deciding who do you want to BE is the foundation to what you want to DO.
8. Learn/practice emotional regulation.
9. Practice your best mindset – positive, curious, mindful, accepting.
10. Practice self-compassion. Thank your inner critic, and ask him/her to step aside.
11. Practice authenticity, vulnerability, transparency. (These are key leadership strengths.)
12. Communicate clearly. Try Non-Violent Communication.
13. Practice focus/distraction management. (Multipurpose instead of multitask!)
14. Integrate work/life- this is the future, get creative!
15. Don’t add to the stress epidemic.
16. Celebrate more!!!!!!

I would really love to help you or your team create strategies to address individual challenges or shift the culture of your group to support the best of human potential. I appreciate all referrals for opportunities to empower! Please feel free to reach out with any questions. You can find me on many venues- links on my website: [www.cynthiaackrill.com](http://www.cynthiaackrill.com) and I’ll soon to be on Whatever It Takes Network. Let’s connect!

Breathe and be bold……………Cindi