



HELLO! I'M JEAN TRUJILLO

Mechanical Engineer by education and experience

Current: Life Coach & Workshop Facilitator

My interests: education, mental wellness, what does it mean to live a good life?

For fun: improv, fine flavor chocolate, garlic

RATE YOUR ENERGY 1 - 7

1 terrible



2 eh



3 bleh



4 meh



5 so-so



good



/ amazing!



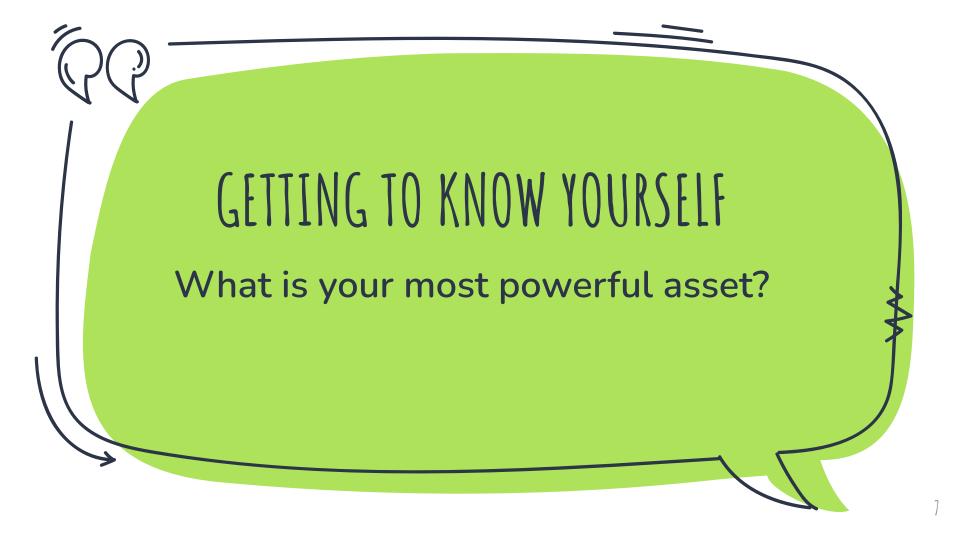


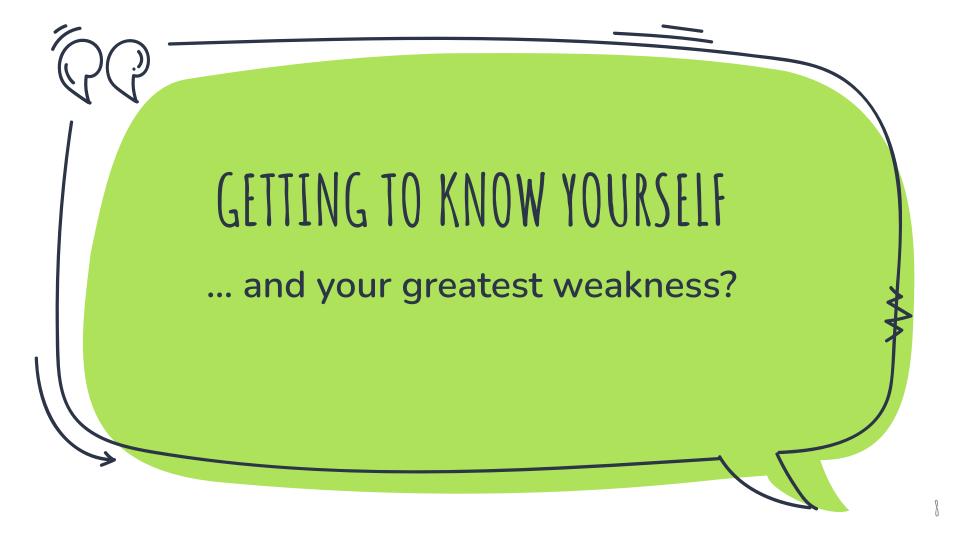


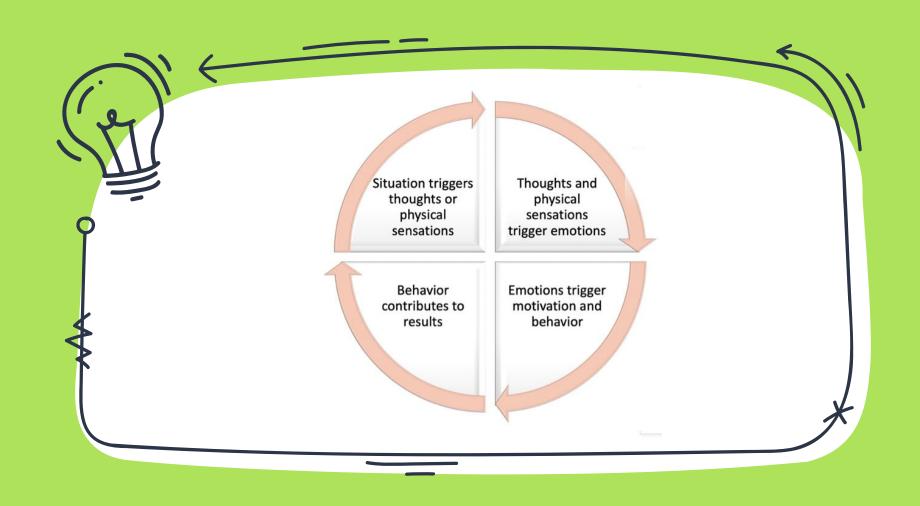
TOPICS

- Getting to Know Each Other
- Getting to Know Yourself
- ✓ Getting to Know Your Co-workers
- ✓ Self-care
- ✓ Goal Setting / Setting Intentions





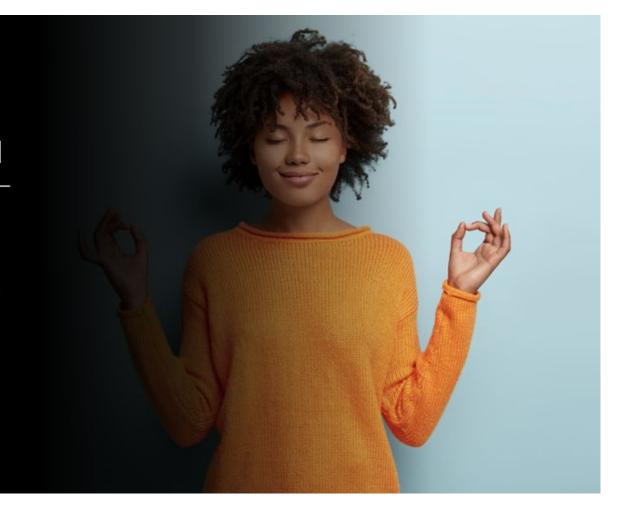


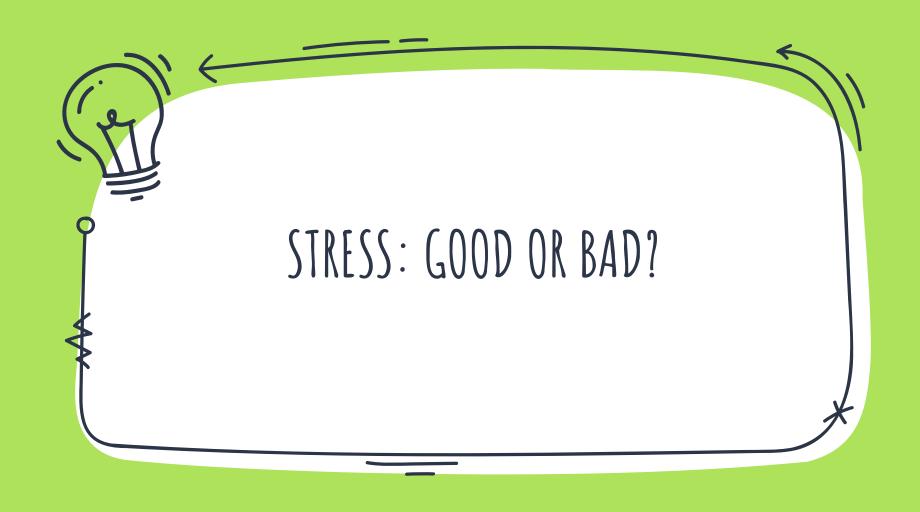




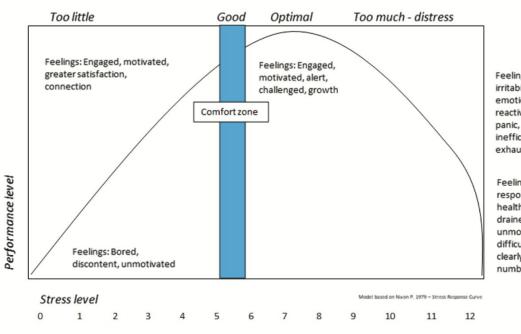
Self-care Defined

 "The practice of activities that are necessary to sustain life and health.." (Oxford Reference, 2021)





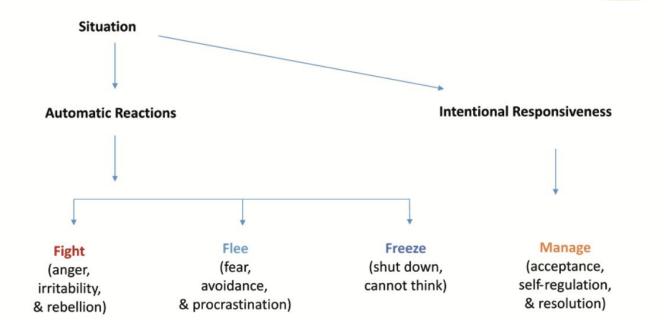
STRESS AND RESILIENCE



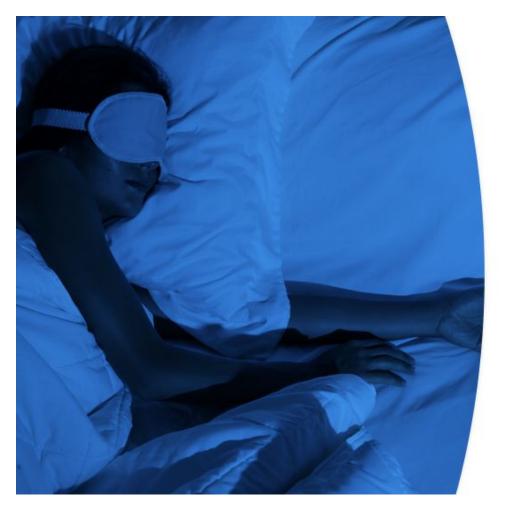
Feelings: Fatigue, irritability, emotionally reactive, scattered, panic, anxiety, inefficacy, exhaustion

Feelings: Physical responses – ill health, burnout, drained, unmotivated, difficulty thinking clearly, alienation, numb

REACT VS. RESPOND







Self-Care: Sleep

- We have a biological need for adequate sleep for health and performance (CDC, 2017; Luyster, et al. 2015)
- Inadequate sleep impairs performance, cognitive functioning, and contributes to chronic health issues, disease, and early death (CDC, 2018; Luyster, et al. 2015)
- According to the National Sleep Foundation (2015), "for healthy individuals with normal sleep, the appropriate sleep duration" is as follows:
 - · 8-10 hours for teenagers
 - · 7-9 hours for young adults and adults,
 - · and 7-8 hours for older adults.

Self-Care: Physical Activity

- Per the American Heart Association (2021), public health guidelines recommend
 - 60 minutes per day of moderate- to vigorous-physical activity for 6-17-year-olds and
 - 150 minutes per week of moderate aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both spread throughout the week for adults
- Regular physical activity enhances physical and mental health, functioning, and longevity, and reduces risks of chronic physical and mental health conditions (AHA, 2021b).
 - Enhances cognitive functioning, mood, quality of life, self-concept, self-efficacy (Mandolesi et al. 2018)
 - Reduces stress, depression, and anxiety (Mandolesi et al. 2018)

Self-Care: Relaxation

The *relaxation response* (Benson, 1975) is the personal ability to encourage your body to release chemicals and brain signals that make your muscles and organs slow down and increase blood flow to the brain.

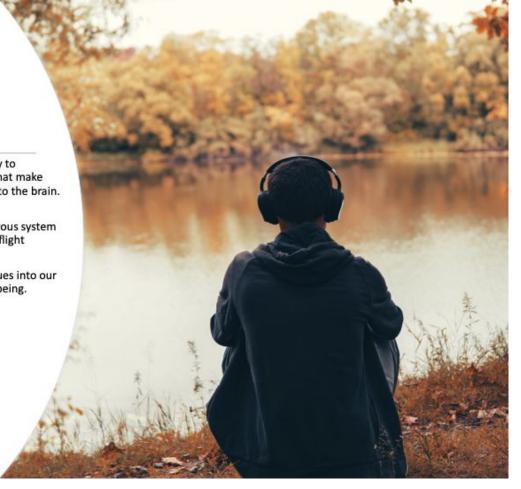
· The opposite of fight-or-flight

 We can intentionally engage the parasympathetic nervous system counteracting the sympathetic nervous system's fight/flight response – stress reactivity

Relaxation is restorative. We can integrate relaxation techniques into our day and at the close of each day to promote health and well-being.

Techniques which may include:

- · Deep breathing
- Mindfulness
- Progressive muscle relaxation
- · Coming to your senses
- Visualization
- Meditation
- · Aromatherapy, music, or art
- Yoga



Self-Care: Fun and Flow

- Fun, recreation, and meaningful leisure contribute to greater psychological well-being in adolescents and adults
- Fun and leisure serve a protective function during adolescence promoting positive development by offering outlets for freedom of expression, choice, exploration, adventure, and prosocial relationship building (Fredriksson, Geidne, & Eriksson, 2018; Hutchinson, 2011).
- According to Cziksentmihalyi (2008), flow is "a state in which people are so involved in an activity that nothing else seems to matter; the experience is so enjoyable that people will continue to do it even at great cost, for the sheer sake of doing it."
 - Involves active engagement in an activity



Self-Care: Time in Nature

- Improves mental health and function (Bratman et al. 2012; Fong, Hart, & James, 2018; Wolf et al. 2018)
- Lowers experiences of stress, depression and associated symptoms (Bratman et al. 2012; Wolf et al. 2018)
- At least 120 minutes per week in nature enhances health and wellbeing (White et al. 2019)



SELF-CARE: DEVELOPING MENTAL AGILITY

- Creating new neural pathways
- ✓ Stimulus ... response or awareness
- Resilience building
- Improv games
- Mindfulness meditation
- ✓ Stress management

RESILIENCE BUILDING

Structural Support	Social Support	Skill-building	Self-care
Education Work Positive places Healthy environments	Family Friends Colleagues Mentors Community connections	Managing thoughts Managing emotions Self- management (self- regulation) Social skills Financial skills Academic skills Professional skills	Stress management (knowing when to add or reduce challenges) Healthy boundaries (protecting personal capacity and limitations around responsibilities and relationships) *Time management *Prioritizing Self-advocacy (asserting needs and finding ways to meet them) Sleep Relaxation methods (leisure time, meditation, prayer, massage, reading a book, etc.) Fun Physical exercise Healthy eating Positive environments Time in nature (outdoor air and light) Time in flow (mindfully engaged in an activity you find enjoyable)

IMPROV GAMES (FOLLOW THE FEAR!)

- Energy ball
- Superhero pose
- ✓ Count to 11
- ✓ What are you doing?
- ✓ First word, last letter
- One word at a time story
- Five things
- ✓ Zip Zap Zop
- How many things in common?

SELF-CARE









Insight Timer

Forest

one sec

Screen Time

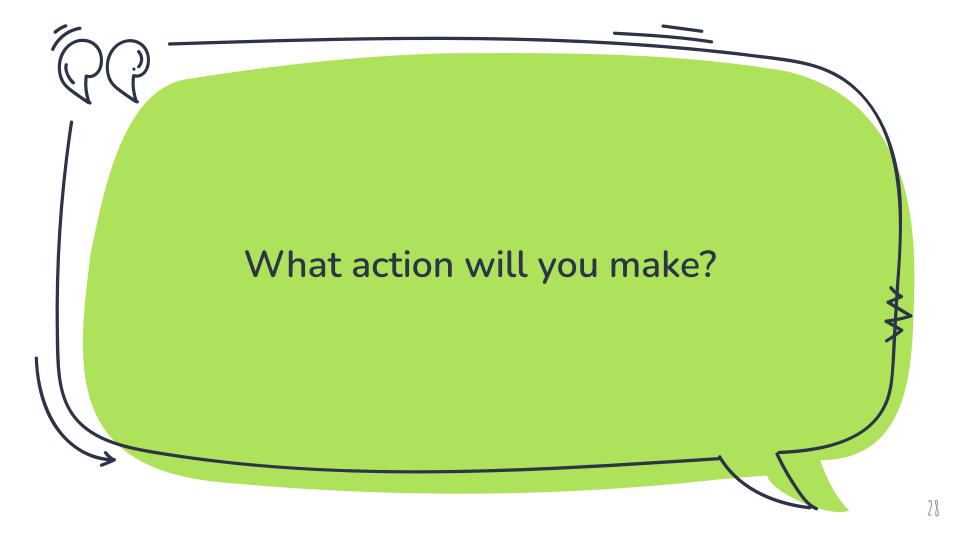


HABIT BUILDING STRATEGIES: STRENGTHEN WILLPOWER

- ✓ Make a plan BEFORE you need it
- ✓ Step 1: Identify an area you want to improve
- ✓ Step 2: Choose your response ahead of time
- ✓ Step 3: Be specific (when ___, I will ____)
- ✓ Step 4: What might go wrong? What will you do?
- ✓ Step 5: Re-state your plan
- ✓ Step 6: Take action
- ✓ Step 7: Reward yourself
- ✓ Step 8: Any changes?

HABIT BUILDING STRATEGIES: ATOMIC HABITS (JAMES CLEAR)

- ✓ Step 1: Make it obvious
- ✓ Step 2: Make it attractive
- ✓ Step 3: Make it easy
- Step 4: Make it satisfying
- ✓ Incentives start the habit, identity sustains the habit: ("I am a person who prioritizes sleep.")



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Jean Trujillo

I help individuals who feel overwhelmed and stuck to create a clear plan of action and get moving again....



THANK YOU! JEAN@JEANTRUJILLO.COM PS://WWW_TFANTRUTTIIO_COM

COMMUNICATIONS

- Active Listening
- Improvisation
- ✓ Leadership Skills
- ✓ Public Speaking
- ✓ Emails
- ✓ Telephone
- ✓ Social Media
- ✓ Telling Your Story

COMMUNICATIONS, CONTINUED

- Elevator Pitch
- Networking
- Interviewing
- ✓ Small Talk
- ✓ Social Media Literacy
- ✓ How to Have a Conversation (every interaction is an improv opportunity!)

SELF-CARE

- ✓ How do you feel? Are you happy?
- ✓ Stress Management
- ✓ Time Management
- ✓ Fun
- Mindfulness
- ✓ Social
- ✓ Time in Nature
- Resilience

SELF-CARE

- ✓ What brings you joy?
- ✓ What do you like to do? Cultivating interests.

GOAL SETTING

- Designing Your Life
- ✓ SMART Goals
- Eisenhower Matrix
- ✓ Career Exploration
- ✓ 1 year, 3 year, 5 year, 10 year plans
- Experiment vs. Perfect
- Make Action

GOAL SETTING, CONTINUED

- How to organize yourself
- ✓ PARA, BASB, Ali Abdaal
- ✓ Self Determination Theory
- Self Motivation

FINANCIAL PLANNING

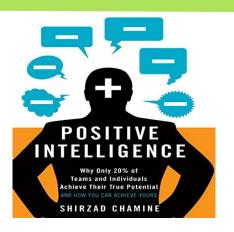
- ✓ How Much Does It Cost to Be You?
- ✓ What's in Your Paycheck?
- ✓ Future You
- Savings
- Investing
- Taxes
- Insurance
- Housing
- ✓ Fun

FINANCIAL PLANNING, CONTINUED

- Growing a Family
- Dreams
- ✓ Jobs: traditional, gig, side hustle, business
- Passive income



REFERENCE



What are your saboteurs?

https://www.positiveintelligence.com/saboteurs/

STRATEGIES

- 1. Weaken Your Saboteurs
 - a. Self Assessment of the Ten Saboteurs
 - b. Judge, the Master Saboteur
- 2. Strengthen Your Sage
 - a. The Sage Perspective
 - b. The Five Sage Powers
- 3. Build your PQ Brain Muscles

SABOTEURS

Judge, master saboteur Hyper-Vigilant

Avoider Pleaser

Controller Restless

Hyper-Achiever Stickler

Hyper-Rational Victim

THE SAGE PERSPECTIVE VS. THE JUDGE PERSPECTIVE

"Good luck, bad luck"

"The Two Travelers and The Farmer"

Three Gifts

FIVE SAGE POWERS

Empathize - visualize the child

Explore - fascinated anthropologist

Innovate - yes, and ...

Navigate - flash forward

Activate - pre-empt the saboteurs

BUILDING THE PQ BRAIN

Quieting the "Survivor Brain" (fight or flight)

PQ Rep: 10 second hyper focus on one of your five senses

- can you build to 100x per day?
- 21 days? 6 weeks? A new habit?

Mindfulness

POSITIVE INTELLIGENCE QUOTIENT (PQ)

PQ Tipping Point Score > 75

% time your mind serves you vs. sabotages you

Dr. Barbara Fredrickson

https://www.positivityratio.com/ (3:1)

CREDITS

Special thanks to all the people who made and released these awesome resources for free:

- Presentation template by <u>SlidesCarnival</u>
- Photographs by <u>Unsplash</u>

