

MODULE 12

BOUNCING FORWARD



12

BOUNCING FORWARD

PREP PROMPT

If you made a movie about a time in your life when you showed resilience, what would the title be?

TIME-IN TIPS

- SET YOUR INTENTION
- DAILY MEDITATION
- 3 GOOD THINGS
- JOURNALING
- GRATITUDE
- EXERCISE
- SPEND TIME OUTSIDE
- LEARN ONE NEW THING
- MIND-BODY CONNECTION
- RESONANCE BREATHING
- PURPOSE AND MEANING

CASCADE CHATS

I	II	III	IV
Culture	BSWH	Now	Legacy
In what ways does our modern world encourage gratitude?	What's an example of BSWH as a culture "bouncing forward" from a tough time?	What habit can your team start to improve the most stressful times?	At the end of your time in healthcare, what do you want to be known for?

OVERVIEW

L01: Explore resilience and the factors that influence it
L02: Understand effective strategies to build resilience

Engagement Strategy:

Lecture demonstrating the benefits of positive response to life events, with a check for comprehension. A reflection to classify responses to life events as "Guard" Brain or "Guide" Brain responses. A series of stress management exercises—cognitive behavioral therapy, gratitude, and breathing/resonance.

Synch Matrix:

	Start	End	Activity	Facilitator Notes
A	0:00	3:50	Main Intro / "Reflect" Exercise	Think back to a tough experience that made you stronger.
	3:50	10:20	Topic / Instructor Intro	Nate introduces Seema Desai, who shares a short story.
B	10:20	12:35	"Describe" Exercise	Describe how resilience can help you in your role at work.
	12:35	17:50	Foundations of Resilience	Seema discusses the foundations of resilience and how to build it.
C	17:50	20:00	"Examine" Exercise	Consider how your "Guard Brain" might be dictating your life.
	20:00	21:00	Guard Brain vs. Guide Brain	The benefits of listening to the "Guide Brain" over the "Guard Brain."
D	21:00	23:10	"Reflect" Exercise	Discuss a stressful time that had a positive outcome.
E	23:10	31:25	Overcoming the Guard Brain	Using the guide brain when it's natural for the guard brain to kick in.
F	31:25	34:30	"Reflect" Exercise	Share 3 positive things about your work
G	33:10	34:55	"Reflect" Exercise	Record and Share things for which you are grateful.
	34:55	37:55	Resonance Breathing	A peaceful exercise that allows you to find the current state of your mind.
	37:55	39:55	Final Words from Seema	Keep your Guide Brain active & silence the Guard Brain.
	39:55	43:10	Real Life Story	A pediatrician's story about workload.
H	43:10	45:20	"Explore" Exercise	Explore your own work-life balance.
	45:20	46:31	Conclusion	

Sources:

Brown Chamine Simon-Thomas
Desai Oliver

DISCUSSION GUIDE

A

SELF-REFLECTION



REFLECT

- Think of a time when you grew through a tough season.
- How did this experience make you a stronger person? In what ways did you grow? (skills, goals, etc.)

B

PRACTICAL RESILIENCE



DESCRIBE

- What are some specific examples of resilience and its value in your role and in your team?

DISCUSSION GUIDE

C GUARD BRAIN EXERCISE

- Consider the emotions you have at work.
- How many of those emotions are guard emotions?
- What is your guard brain “barking” about?
- What might be another way of looking at that message?



D Tell your group about a time at work that a situation seemed stressful or unfavorable to you at first, but later turned out to be an opportunity or a gift.

**E** OVERCOMING GUARD BRAIN

1. Stop
2. Take a Time-In
3. Choose Guide Mode

DISCUSSION GUIDE

TIME-IN TIPS

- Set Your Intention
- Daily Meditation
- 3 Good Things
- Journaling
- Gratitude
- Exercise
- Spend Time Outside
- Learn One New Thing
- Mind-Body Connection
- Resonance Breathing
- Purpose and Meaning

F THREE GOOD THINGS EXERCISE

- Think of three good things about your work or with the people you serve.
- Write them down or share them with your group.

**G** GRATITUDE EXERCISE

- How do you feel right now?
(Scale of 1-10, 10 being the best you've ever felt)
- Take a minute to think about something you are truly grateful for.
- Now, re-evaluate how you feel. (Same scale of 1-10)



DISCUSSION GUIDE

H WORK-LIFE BALANCE

- How do you relate to this story?
- How have you managed your work life alongside all the other things outside of work?



TAKE-AWAYS

INSIGHTS:

ACTIONS:

CASCADE CHATS

These exercises are meant to deepen the learning and experience between modules for participants and their teams. Use blank spaces to record your personal responses prior to discussions. Update your notes based on the conversation.

I	Culture	In what ways does our modern world encourage gratitude?	
II	BSWH	What's an example of BSWH as a culture "bouncing forward" from a tough time?	
III	Now	What habit can your team start to improve the most stressful times?	
IV	Legacy	At the end of your time in healthcare, what do you want to be known for?	



Pass it Down.

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