Organizational and Personal Resiliency

“"If the facts are against you, argue the law. If the law is against you, argue the facts. If the law and the facts are against you, pound the table and yell like hell”

— Carl Sandburg
Death

- 15,000 Year
- 42 per day
- 1.7 every hour
- Cause
- Manner
- ID of person
- Notification
How do you deal with it all?
Secret Formula
PTSD -vs- PTG

Post Traumatic Stress Disorder
1- in - 5
Re experiencing events

Negative hyper arousal

Avoidance

Post Traumatic Growth
4- in - 5
Greater Appreciation of life

Positive hyper arousal

Engagement
This isn’t going to stop, there is no finish line
You set the boundaries and rules
Choices

• Change Gears

• (Happy – Sad – Happy)

• "The greatest power that a person possesses is the power to choose."

• ~ J. Martin Kohe
Understand what we do vs Who we are
Helping others helps YOU!
Check Out
What you do makes a Difference!
Victories & Progress

• Celebrate small Victories!

• Look for progress not perfection

JUST OK IS NOT OK
Friends

• Take Stock – Verbalize!
• Write a list of good
  Include the 4 F’s
  • Family
  • Faith
  • Friends
  • Fitness
Each day is a new day!

Today is the Day!
Not how many breaths you take, but what takes your breath away...
Who is gassing up your tank?

• Take care of YOU!
• Have Fun!

ARE WE HAVING FUN YET?

FUN is sharing happiness with someone

HAVE FUN!
Okay to feel sad...

We are masters of “putting off the emotion”!
Have code word......
Change

• Change is good.
• No Rain,
• No Rainbow!

Change is the only constant.
Don’t let negative & toxic people rent space in your head. Raise the rent & kick them out.

“An important attribute in successful people is their impatience with negative thinking and negative-acting people.”
Set the tone

I will!
Faith

Do not be afraid of storms for you have learned to sail your ship.
Friend

• Verbalize
• To a friend
Start NOW......

Baby Steps
Can you change the future?

• How many times have you self-fulfilled your destiny?

✓ How many times has someone failed to meet your expectations?
✓ Is Failure an option?
✓ Is Failure a stop sign?
“All too often people are defeated by everyday problems....” Dr. Peale

- See yourself succeed.
- Nobody can be you, you must find what works for you (everyone has concerns and problems).
- Learn to empty the mind.
  - Breathing
  - Candle
  - Sleep
Tips

• Exercise self-discipline
• Practice QTIP
• Practice MURF
• Do not let your career define you
• Who are the real Heroes
• Happy or sad
Tips for supervisors

• Know your people
• Admit mistakes
• Do the right thing for the right reason
• How much do you care?
• Be fair
• Do not have others mistake kindness for weakness
• The buck stops here!
• Obtain education
• Think before you implement
• Take calculated chances
• Don’t be afraid to re-think
5 Predicators of Success

- Passion
- Determination
- Talent
- Self-discipline
- Faith
Work Life Balance 1

![Graph showing work-life balance with categories HIGH, NORMAL, and LOW. The graph indicates transitions between Work and Home/Off states.](image-url)
Work Life Balance 2

HIGH

Work

NORMAL

Off

LOW

Home / Off

Off
Fitness

• Walking
• Tactical Breathing
• Tactical Yoga
• Support Groups
• thewoundedblue.org/
Have Fun!
• 89 years old
• All that I am good is a result of this Woman and her husband of 58 years
• She loved life and had fun....
Remember, don’t be sad for me; I have lived my life...Go live yours.” ~Geri Murphy
What is important

• Love people not things
• People do not care how much you know until they know how much you care
• You will never be satisfied with what you get until...
Questions?

Michael Murphy DBA; F-ABMDI
702-249-6343
MpowerMurphy@gmail.com

Points of view or opinions expressed in this program are those of the presenter(s) and do not necessarily represent Mpower USA.