



R2 Performance Center Ft. Hood

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CLASSROOM NORMS

1. YOU ARE ADULTS, TAKE A BATHROOM BREAK
IF YOU NEED
2. RAISE YOUR HAND IF YOU HAVE A COMMENT
OR A QUESTION
3. TRY ON A NEW WAY OF THINKING
4. WHO WILL BE MY TIMER



CHALLENGES

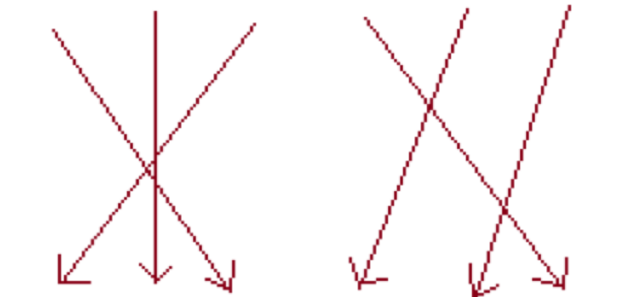
- WHAT IS YOUR GREATEST CHALLENGE
IN YOUR JOB or LIFE RIGHT NOW?

- WRITE THIS DOWN IN THE 'EVENT' BOX
ON THE HANDOUT



Anagrams

LISTEN



SILENT



CONSEQUENCES OF LEARNED HELPLESSNESS

WHAT HAPPENS TO US WHEN WE FEEL LIKE:

1. WE DON'T THINK WE'RE GIVEN THE TOOLS TO SUCCEED
2. WE DON'T THINK WE'RE SUPPORTED BY ANYONE
3. WE DON'T THINK WE'RE APPRECIATED BY ANYONE
4. WE THINK OTHERS ARE TREATED BETTER THAN US
5. WE'RE SO BUSY WE FEEL OVERWHELMED



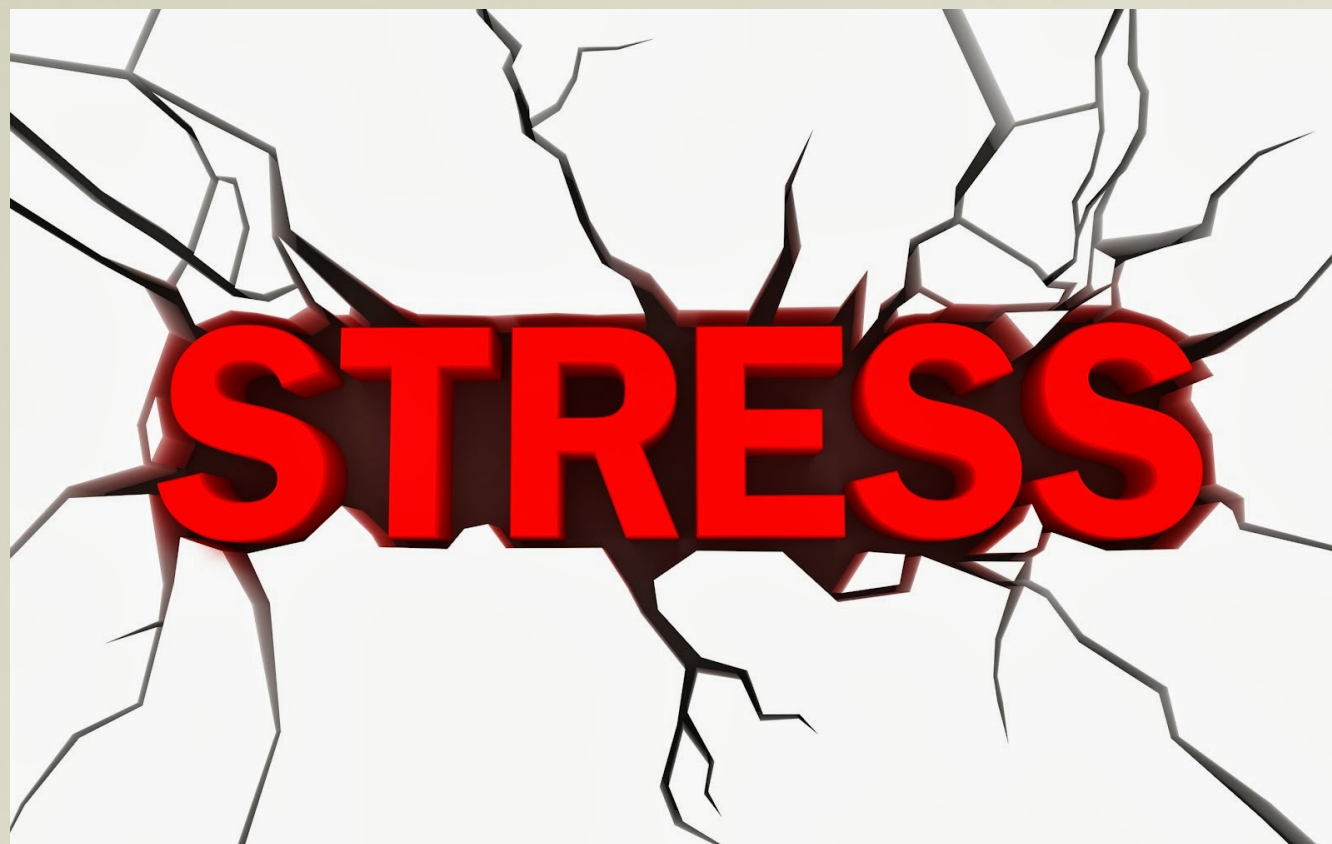
CONSEQUENCES OF LEARNED HELPLESSNESS

1. WE MISS OUT ON OPPORTUNITIES
2. WE DON'T GIVE OUR BEST EFFORT
3. WE LET THESE FEELINGS TURN INTO STRESS
4. THE DEFEAT RESPONSE-a biologically hardwired response to repeated feelings of helplessness and victimization that leads to loss of appetite, poor sleep, social isolation, anxiety, depression, and suicide

WHAT MAKES YOU FEEL LIKE THIS?

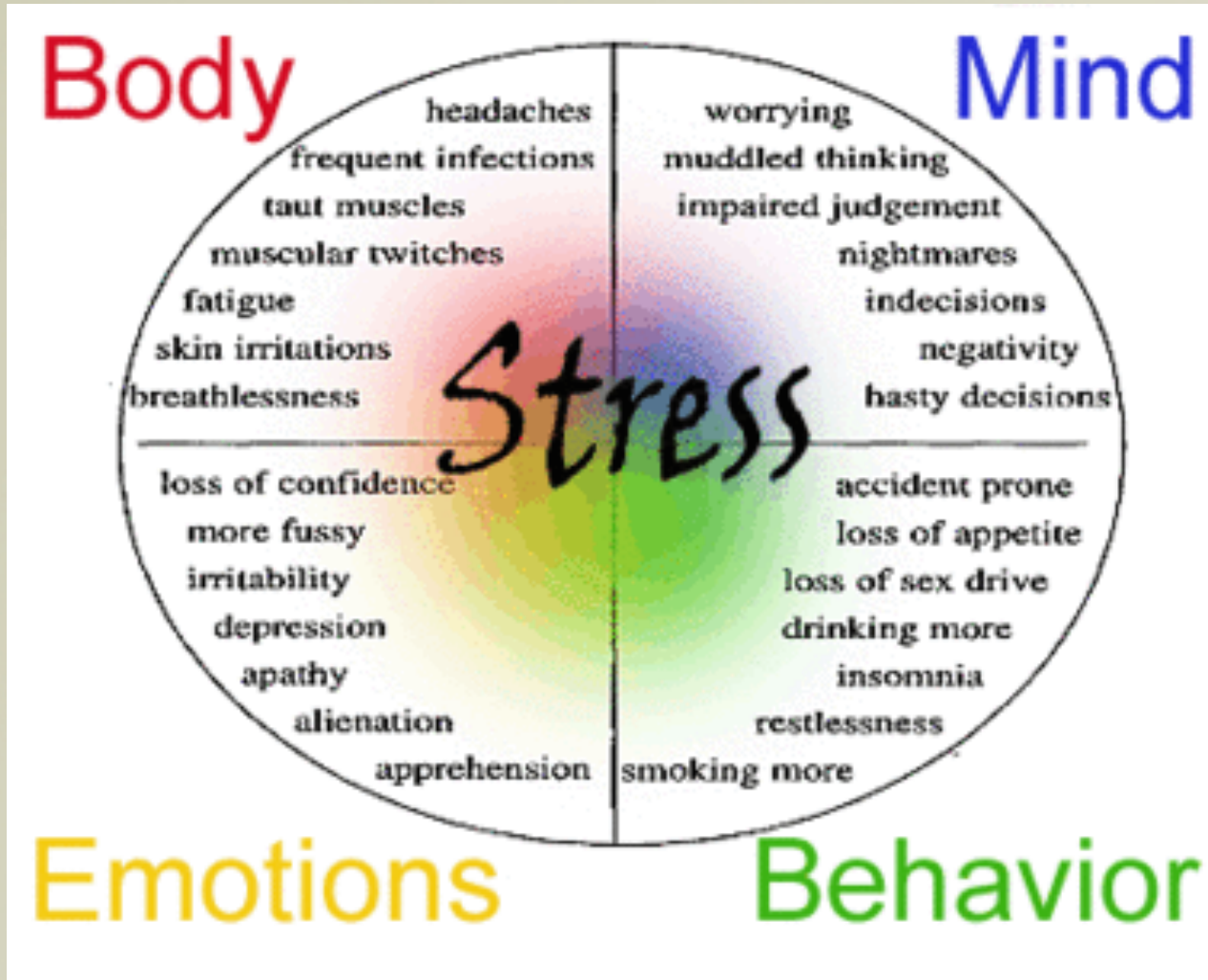


IS STRESS KILLING YOU?





WHAT HAVE WE BEEN TAUGHT ABOUT STRESS?



The Effects of Stress

Physical or mental stresses may cause physical illness as well as mental or emotional problems. Here are parts of the body most affected by stress.

Hair: High stress levels may cause excessive hair loss and some forms of baldness.

Mouth: Mouth ulcers and excessive dryness are often symptoms of stress.

Brain: Stress triggers mental and emotional problems such as insomnia, headaches, personality changes, irritability, anxiety and depression.

Heart: Cardiovascular disease and hypertension are linked to accumulated stress.

Muscles: Spasmodic pains in the neck and shoulders, musculoskeletal aches, lower back pain, and various minor muscular twitches and nervous tics are more noticeable under stress.

Lungs: High levels of mental or emotional stress adversely affects individuals with asthmatic conditions.

Digestive tract: Stress can cause or aggravate diseases of digestive tract including gastritis, stomach and duodenal ulcers, ulcerative colitis, and irritable colon.

Reproductive organs: Stress affects the reproductive system causing menstrual disorders and recurrent vaginal infections in women and impotence and premature ejaculation in men.

Skin: Some individuals react to stress with outbreaks of skin problems such as eczema and psoriasis.

Design by: www.NurseLand.net



ANSWER THE FOLLOWING QUESTIONS:

- **2 QUESTIONS, YES OR NO ONLY:**
 1. **IN THE PAST 2 YRS, HAVE YOU HAD HIGH STRESS?**
 2. **DO YOU THINK STRESS IS HARMFUL**



IS THERE AN UPSIDE TO STRESS?

- BOOK BY KELLY MCGONIGAL, “THE UPSIDE OF STRESS”
- STUDY DONE IN 1998, 30K ADULTS IN THE USA
- ASKED 2 QUESTIONS:
 - 1. HOW MUCH STRESS THEY HAD IN THE PAST YEAR
 - 2. IF YOU THINK STRESS IS HARMFUL
- *8 YRS. LATER, RESEARCHERS FOUND THAT HIGH LEVELS OF STRESS INCREASED THE RISK OF DYING BY 43%*



IS THERE AN UPSIDE TO STRESS?

- *BUT THE INCREASE DID NOT APPLY TO EVERYONE WITH HIGH STRESS, ONLY THOSE THAT FELT THAT STRESS WAS HARMFUL*
- THOSE WITH HIGH STRESS BUT FELT STRESS WAS TO BE ACCEPTED, UTILIZED, AND EMBRACED HAD THE LOWEST RISK OF DYING!!!!

HOW CAN THAT BE TRUE!!!!!!



IS THERE AN UPSIDE TO STRESS?

- 20K DEATHS PER YEAR DUE TO STRESS
- MAKING “BELIEVING STRESS IS BAD FOR YOU” THE **15TH** LEADING CAUSE OF DEATH IN THE USA, AHEAD OF SKIN CANCER, HOMICIDE AND HIV/AIDS


BELIEVING STRESS IS
BAD FOR ME

**WORSE
THAN**

HOMICIDE/SKIN
CANCER/HIV-AIDS!!!!



IS THERE AN UPSIDE TO STRESS?

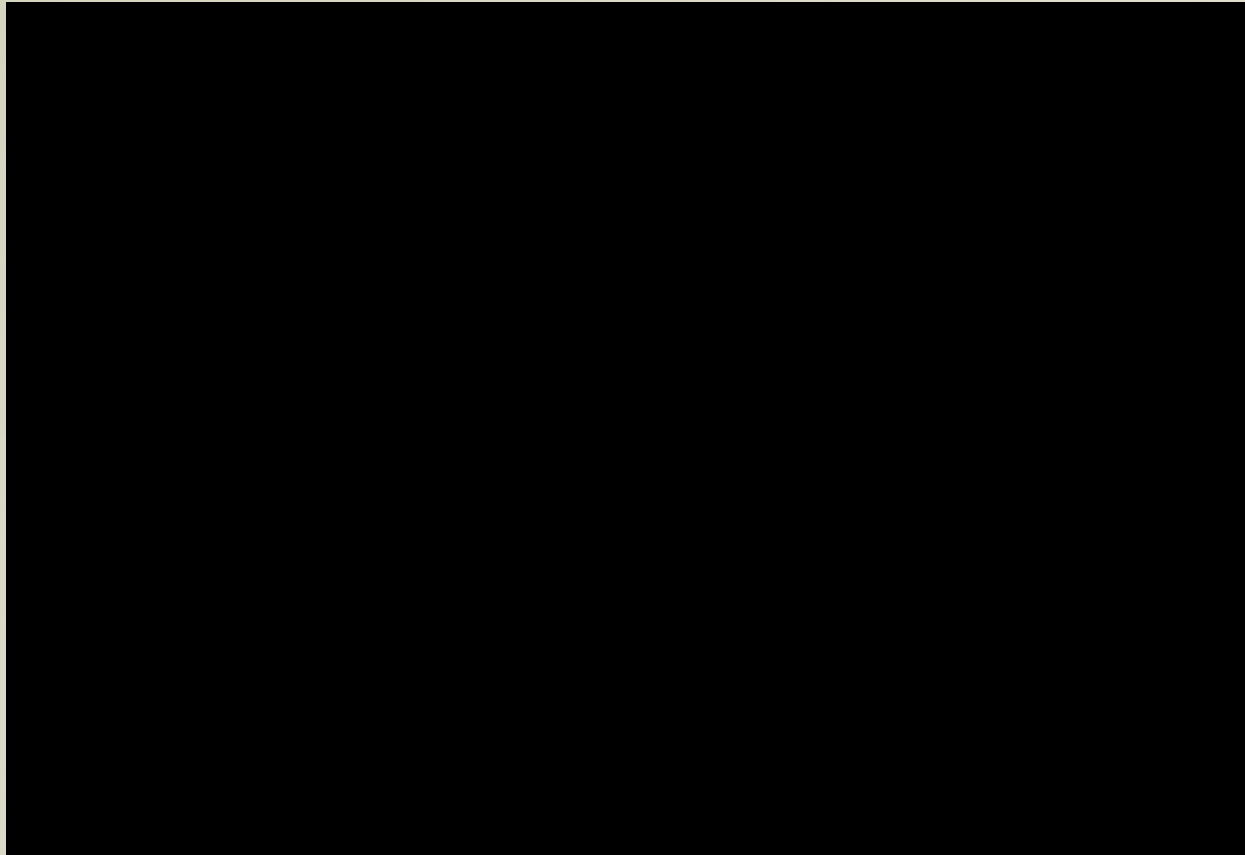


Its not stress that kills us, it is our reaction to it.

— *Hans Selye* —

AZ QUOTES

Known as the ‘father of stress research’





Excellent Performers



- HEAD FOOTBALL COACHES
- CEO'S
- EMERGENCY ROOM DR'S
- FIRST RESPONDERS
- SCHOOL ADMINISTRATORS
- KINDERGARTEN TEACHERS
- PARENTS OF SCHOOL AGE CHILDREN



MINDSETS

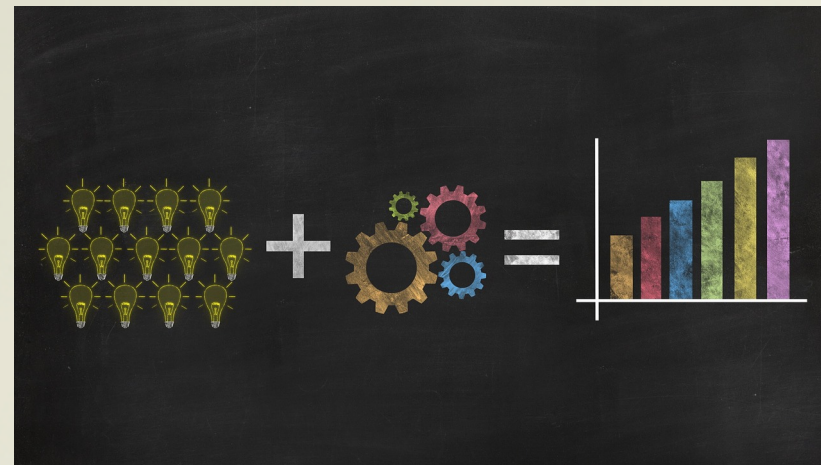
Fixed mindset:

Believing that, in a specific domain, your skills, abilities and/or intelligence is static and cannot be changed



Growth mindset:

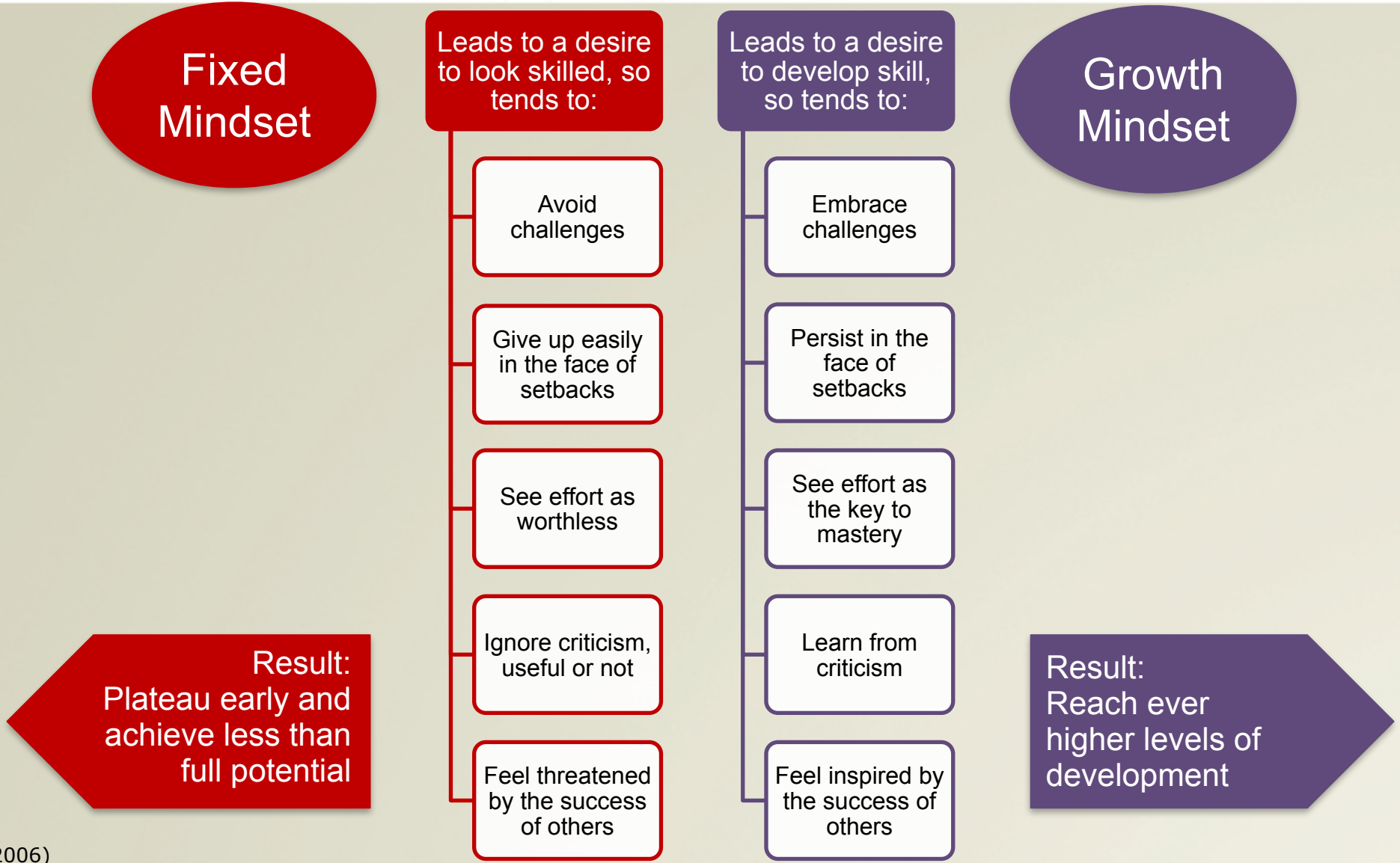
Believing that, in a specific domain, your skills, abilities and/or intelligence is something that can be developed



(Dweck, 2006)



Mindset for Excellence



Fixed Mindset

Leads to a desire to look skilled, so tends to:

Avoid challenges

Give up easily in the face of setbacks

See effort as worthless

Ignore criticism, useful or not

Feel threatened by the success of others

Result: Plateau early and achieve less than full potential

Leads to a desire to develop skill, so tends to:

Embrace challenges

Persist in the face of setbacks

See effort as the key to mastery

Learn from criticism

Feel inspired by the success of others

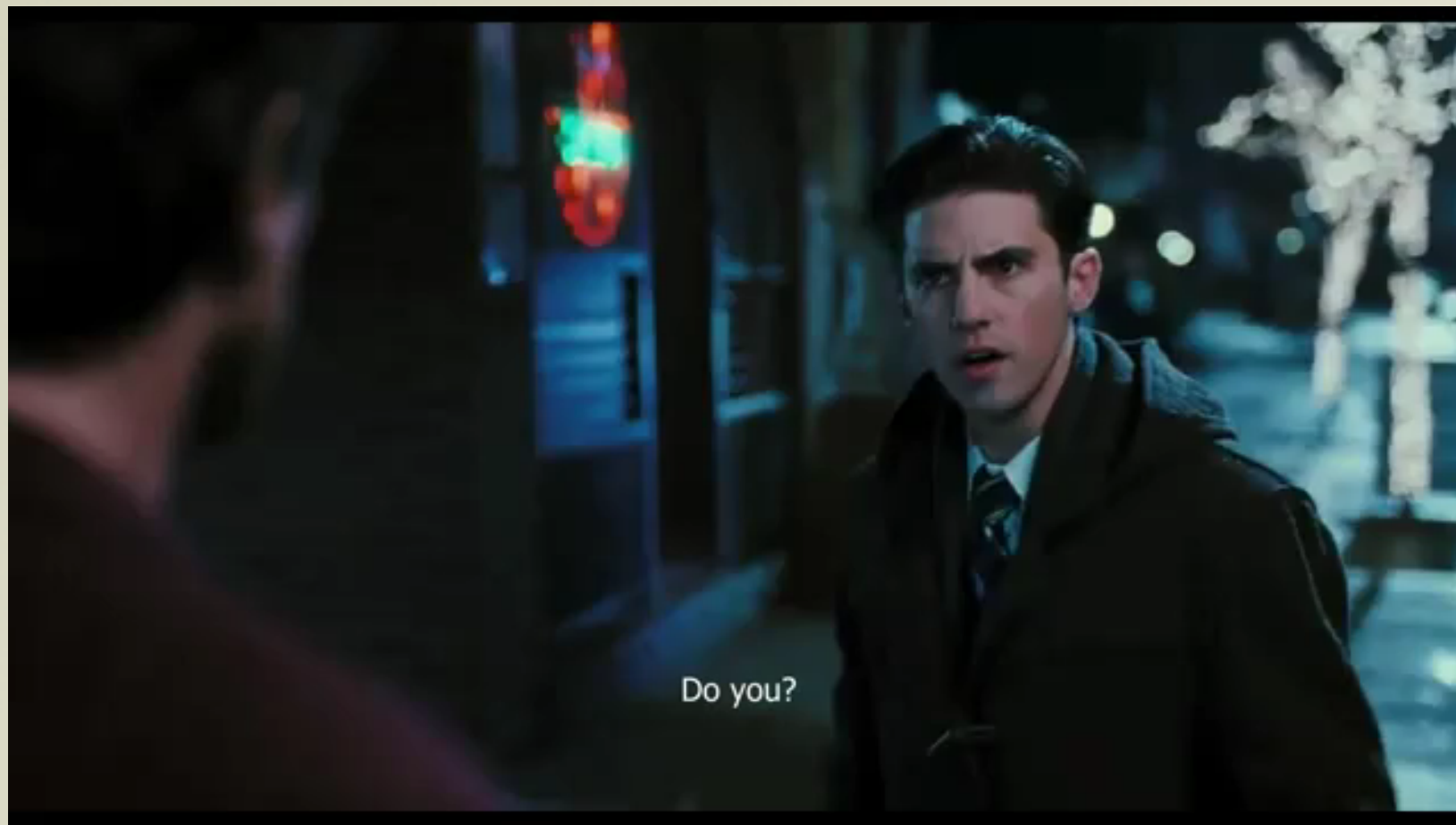
Growth Mindset

Result: Reach ever higher levels of development



STOP GLORIFYING STRESS AND ADVERSITY AND KICK IT'S A**!

<https://www.goalcast.com/2016/04/15/rocky-balboa-motivational-speech-son/>





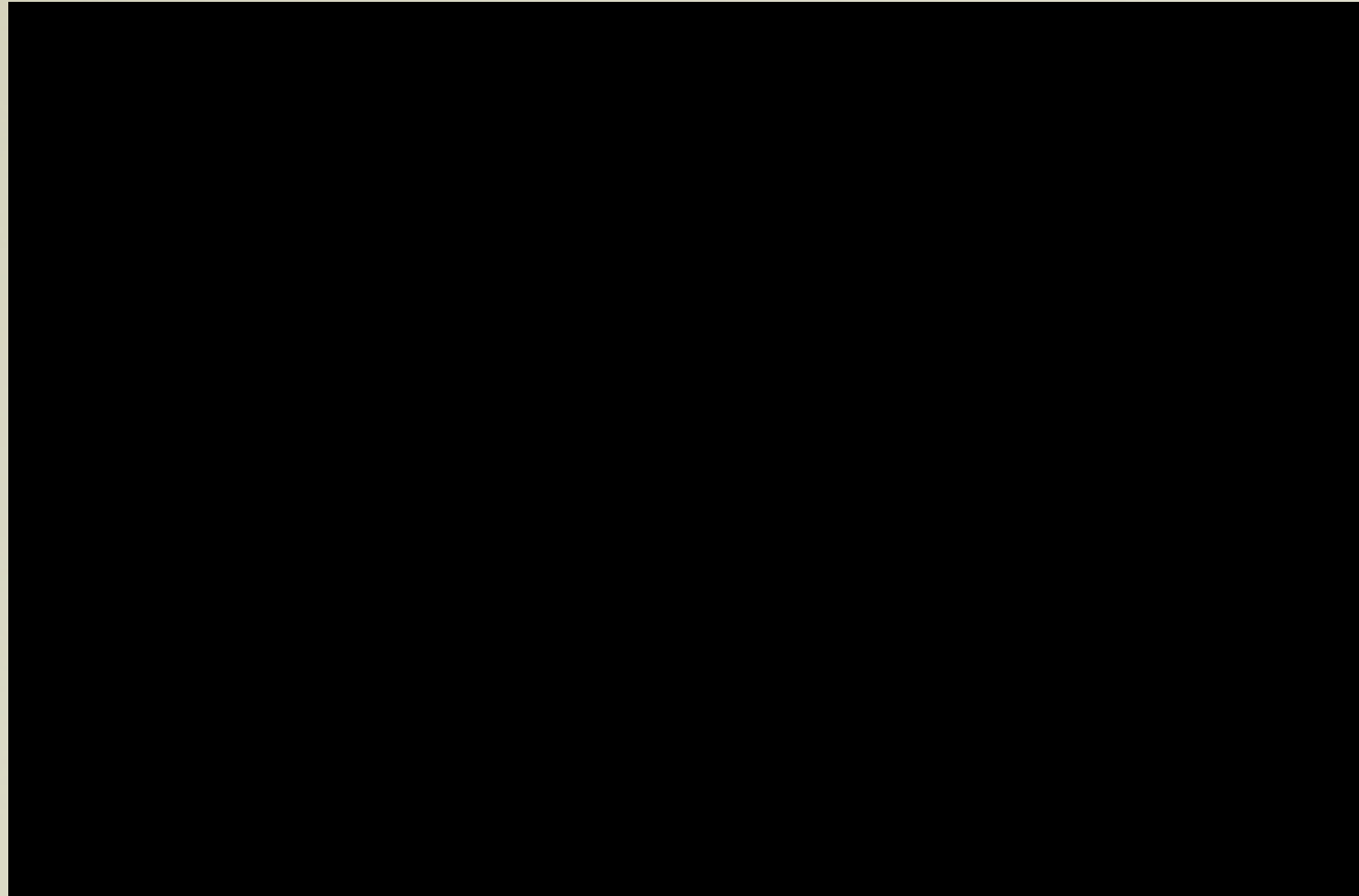
If you don't dictate the quality of your life, someone will do it for you

- Bell Telephone-1980's
 - Massive layoffs
 - Some thrived, some sunk
 - Changed their situation or change their belief in how things affected them
 - Demonstrated that you can't always control adversity but you CAN CONTROL YOUR RELATIONSHIP WITH IT
- Housekeepers at hotels
 - Often report feeling overworked, depressed
 - Complain of body aches and pain
 - Do not think what they are doing is considered exercise
- Stressed out interviewees
 - Some had higher cortisol levels, some had higher DHEA levels
 - We can create great Growth Index with a mindset shift



Mindset and Communication Matter

Don't think your mindset matters? Think again!!!



<https://youtu.be/42E2fAWM6rA>



7. BECAUSE YOU SAID YOU WOULD

because
I said
I would.



Quick Write

1. Go back to what you said was your biggest challenge.
2. Write a quick note to yourself in the 'THOUGHT' bubble about how you will use Growth Mindset to EMBRACE, GROW FROM, AND USE STRESS TO FIND OUT WHAT YOU ARE MADE OF!!!!



WHAT NEXT

HOW CAN I HELP YOU?

- Performance Enhancement Classes
- Observations
- Embedded Coaching
- 1 on 1's



Performance Capabilities

Performance Enhancement

Mental Skills Foundations
Building Confidence
Attention Control
Energy Management
Goal Setting & Motivation
Integrating Imagery
Team Building/Climate Improvement

Academic Performance

Learning Mindset
Planning and Prioritization
Study Effort
Memory
Active Reading
Note Taking
Peer Learning
Test Preparation and Test Taking

Personal Readiness

MRT Trainer Course
Engage Training
SRU (Goal Setting PHII)
SLDC (Squad Leader Development Course)



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