

Enhancing Resilience and Focus Amidst Stress



Jarrett Green
NKBconsultancy.com



WICSEC 2024

No matter who we are or how successful we are,
we all want to 2 things

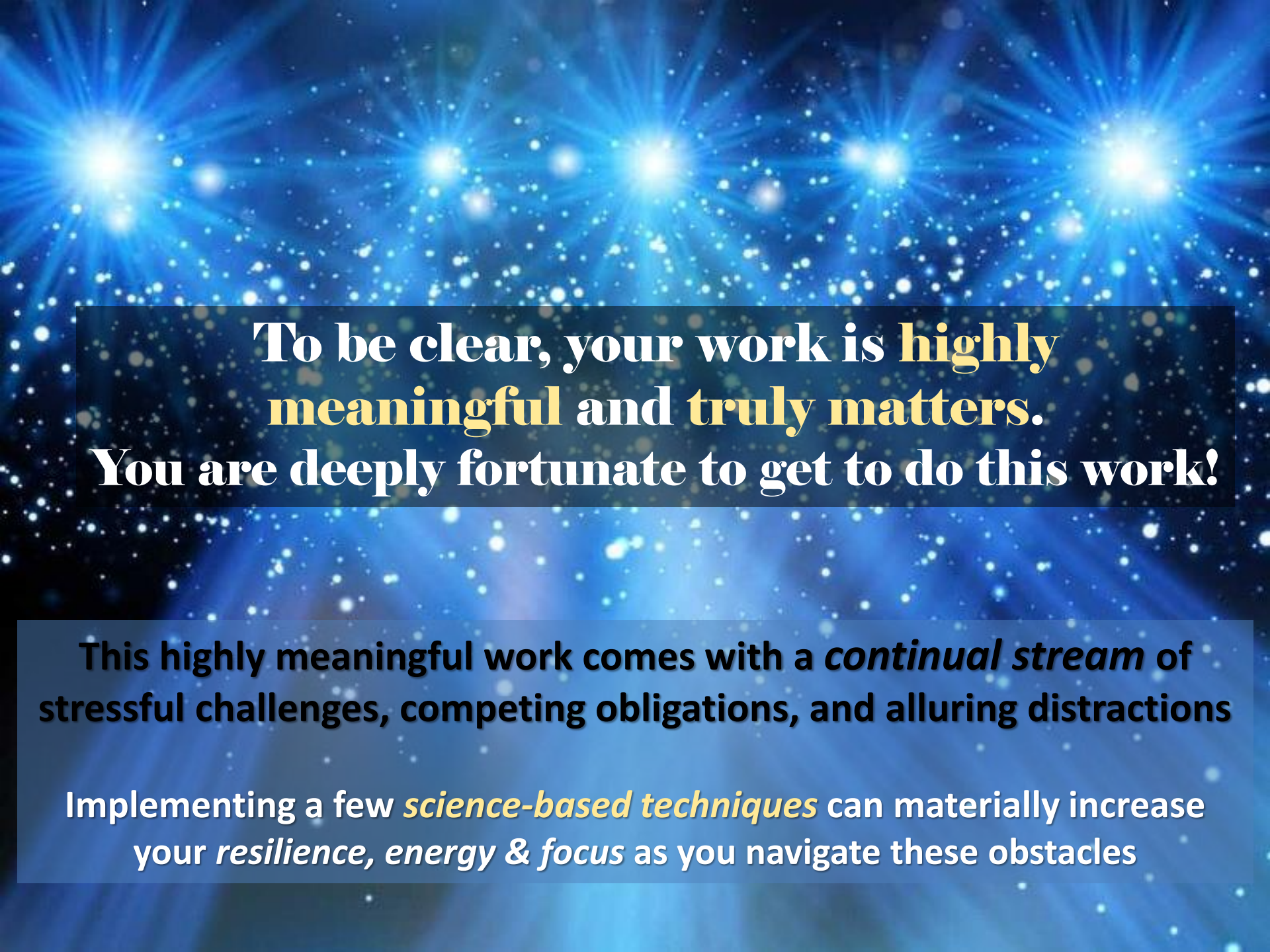


Working in child support services involves a
constant bombardment of unpredictable
and stressful challenges

In the words of Nitya Prakash:

“Working in child support
services is like looking both ways
before you cross the street and
then

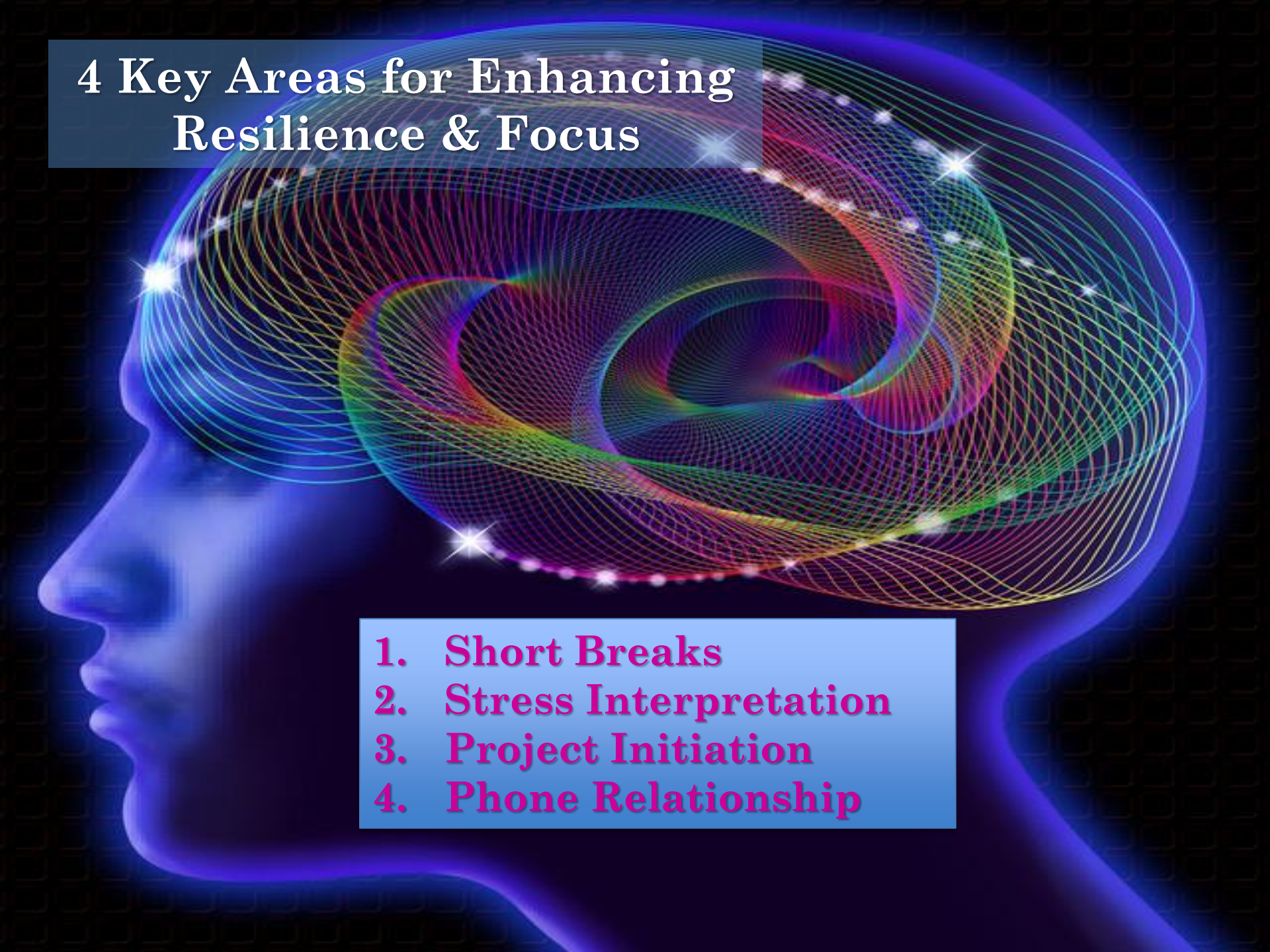
. . . . getting hit by an airplane.”



To be clear, your work is **highly meaningful and **truly matters**.
You are deeply fortunate to get to do this work!**

This highly meaningful work comes with a *continual stream* of stressful challenges, competing obligations, and alluring distractions

Implementing a few *science-based techniques* can materially increase your *resilience, energy & focus* as you navigate these obstacles



4 Key Areas for Enhancing Resilience & Focus

1. Short Breaks
2. Stress Interpretation
3. Project Initiation
4. Phone Relationship

Science-Based Tools for Thriving

Stress, Fatigue & Distractability

Resilience, Energy & Focus

DEFAULT

Depleting Short Breaks
Stress Suppression
Procrastination
Digital Impulsivity



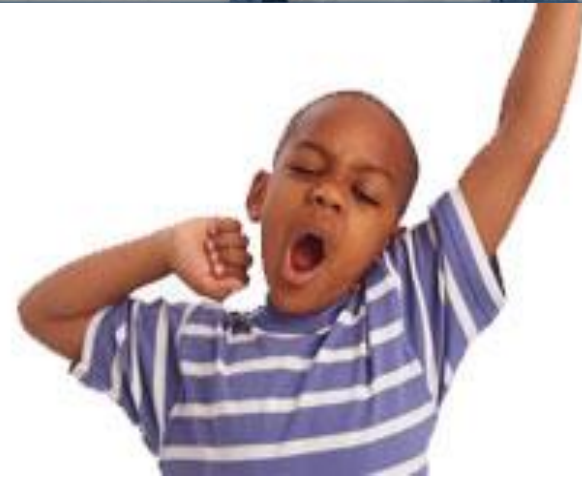
PURPOSEFUL

Rejuvenating Short Breaks
Stress Embracing
10-Minute Rule
Silence-Stow-Set

Depleting Short Breaks → Rejuvenating Short Breaks



Take *Non-Intellectual* Short Breaks



**STRESS
SUPPRESSION**
↓
**STRESS
EMBRACING**

**"I am nervous
and need to
calm down!"**



**"I am excited
and fired up!"**





Dr. Alison Wood Brooks (Harvard Business School)

- Try to calm down: ***"I am calm"***
- Try to feel excited: ***"I am excited"***

Procrastination



10-Minute Rule

Attack Procrastination with *The 10-Minute Rule*

The 2 most common causes
of procrastination:

- *Perfectionism*
- *Monsterism*



Perceived *available* energy
v.
Perceived *required* energy

*"I am capable of doing 10 minutes
of average work right now!"*

Digital Impulsivity → Silence-Stow-Set

reduce task-switching and increase uninterrupted work blocks

“Multitasking”
v.
Task-Switching



Where is your
phone when you
are working?



Science-Based Tools for Enhancing Your Resilience & Focus

A woman with dark hair, wearing a yellow ribbed sweater, is looking upwards and to the right. She is holding a tablet that is glowing with a bright blue light. The background is a soft-focus blue with various digital elements floating around, including line graphs, bar charts, and network diagrams. The overall aesthetic is futuristic and tech-oriented.

1. Cognitively Rejuvenating Breaks
2. Reframing Stress as Energy/Passion
3. The 10-Minute Rule
4. Silence-Stow-Set

“Mastering others is strength.
Mastering yourself is true power.”

~ *Lao Tzu*



Find me on LinkedIn



Jarrett Green

www.NKBconsultancy.com

Jarrett@NKBconsultancy.com