

# CAREER HEALTH

## Resilience Tips: How to Leverage Micro-Disruptions

By Sandy Davis

### Resilience-Readiness

When unexpected challenges come your way, you want to be ready to accept and assimilate them with power, grace, and creativity. In other words, you want to be ready to embrace emergent disruptions by reacting to them with a high degree of personal resilience.

One advantage of being exceptionally resilient is that you can bounce back from stressful situations quickly and gracefully. Another advantage is that, when the situation warrants, you can also hold your ground over long periods of time, even as you start to move forward in a manner that is slow, steady, and effective.

Thus, sometimes resilience is about speed of response, and sometimes it is about being able to hold a true course over long periods of time, in spite of forces that would otherwise knock you off course. And sometimes it is about both. In all cases, the trick is to be ready. It is critical, therefore, to develop and sustain a high degree of "resilience-readiness."

### The Importance of "Intentional Micro-Disruptions"

Because resilience entails reacting to challenging stimuli, you can actually increase your resilience-readiness by proactively choosing small, worthy challenges, and then practicing whatever it takes to meet those bite-size challenges successfully.

You can think of these challenges as "intentional micro-disruptions." They are volitional minor disturbances that you design to upset your settled state ever so slightly. You actually want them to introduce a manageable amount of stress. As you set about resolving the resulting tension, these micro-disruptions provide you with seeds for your ongoing growth and

personal development. They provide propulsion. They can tantalize you forward.

You want these micro-disruptions to be just big enough to force you to move slightly outside of your own well-established comfort zone, but small enough that you can enjoy continuous success in handling them. By developing an appetite for these ongoing (and often enjoyable) small disruptions, you can propel yourself steadily forward, into new territories, and in the direction you'd like to move.

When you intentionally set these little disruptions in motion, they require you to respond in ways that are adaptive and often innovative. As you practice responding this way, you gradually deepen your inner resourcefulness. At the same time, you expand your comfort zone, strengthen both your self-discipline and your self-confidence, and enhance your overall resilience-readiness.

Each time you master handling a chosen small disruption (i.e., each time you reach a point when it ceases to challenge you); you can step up to the next logical micro-disruption, re-introduce just a modicum of stress, and challenge yourself anew. In this way, your process of self-development can become both continuous and never-ending.

The daily increments of change that result from successfully handling these intentional micro-disruptions are normally tiny and not even observable. Over time, however, the aggregation of these daily incremental changes can be huge—so much so as to end up actually changing your destiny.

*Disruptions are inherently stressful. They seed change. Intentional disruptions seed intentional change.*

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## Fat Burning Foods

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times a day can help you burn an extra 80 calories a day. And that's just when your body's at rest. And as an extra bonus, both of these are naturally calorie free, making all of that extra burn pure profit in dietary terms.

**4. Lean Cut Meats.** It takes more energy for your body to digest the protein in meat than it does for it to digest carbohydrates or fat. That means that the more protein you eat, the harder your body has to work to digest it, and the more calories you'll burn in the process. In one study at Arizona State University researchers compared the benefits of a high-protein diet with those of a high-carbohydrate diet. They found that people who ate a high-protein diet burned more than twice as many calories in the hours following their meal as those eating carbohydrates.

**5. Fish.** Eating fish is the best way to lower levels of a hormone called leptin in your body. Several recent studies suggest that leptin directly influences your metabolism, determining whether you burn calories or store them as fat. Researchers at the University of Wisconsin found that mice with low leptin levels have faster metabolisms and are able to burn fat more quickly than animals with higher leptin levels. Mayo Clinic researchers studying the diets of two African tribes — one of which frequently ate fish and one of which didn't — found that fish eaters had leptin levels nearly five times lower than the levels found in tribes that primarily ate vegetables.

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**"Your living is  
determined not  
so much by what  
happens to you  
as by the attitude  
you bring to life;  
not so much by  
what happens to  
you as by the way  
your mind looks  
at what happens."**

-Kahlil Gibran

# VALUES - BASED QUALITY OF LIFE™ Newsletter

Because Making Smart Choices About Your Money Impacts The Quality of Your Life

Over the years, we have found that there are elements of your life that are more important than money.

These elements - Physical Health, Relationship Health, Inner Health and Career Health - cannot be delegated.

We hope that you find these articles to be of value in improving the quality of your life.

## PHYSICAL HEALTH

### Fat Burning Foods

By Nibbledish.com

Imagine eating to lose weight; sounds too good to be true, right? Well guess again! Believe it or not, there are foods that can aid your body in fighting stored fat when you eat them. And, even better, is that most of them are delicious.

While fat burning foods sound like a miracle solution to waistline woes, they're not a catch all solution for weight loss. Like everything in life, you must eat in moderation. Very few people can burn extra calories if they are taking in 3000 calories a day. On the other hand, if you skip meals or eat too little food (below 1200 calories for most women), it will slow your metabolism and your body will start to burn precious, calorie-slashing muscle for fuel. So plan your calorie intake accordingly and use some of them to chow down on these fat busters.

#### Fabulous fat busters include:

**1. Low Fat Dairy.** According to an article in Obesity Research, women who ate low-fat dairy products, such as nonfat yogurt and low-fat milk, three to four times a day lost 70 percent more fat than low-dairy dieters. In another study done at Purdue University, those who consumed

3 cups of fat-free milk gained less weight over the course of 2 years than those on low calcium diets. Many researchers believe that higher-calcium diets favor burning rather than storing fat.

**2. Oatmeal.** You may notice that many of the oatmeal packages boast that eating more oatmeal will help lower your cholesterol level. That's because oatmeal is loaded with soluble fiber which helps reduce blood cholesterol by flushing those bad digestive acids out of your system. It also breaks down slowly during digestion, causing less of a spike in insulin levels than foods like bagels. While it may be tempting to select the box of flavored packets at the grocery store, the best kind of oatmeal to eat is unsweetened and unflavored kind that you find in the canister. Try eating it with a spoonful of honey or a handful of raisins, or dried cranberries.

**3. Green Tea or Coffee.** Caffeine helps speed up your heart rate. The faster your heart beats the more calories you burn. EGCG works in a similar way, but instead of revving up your heart, it causes your brain and nervous system to run more quickly — again helping you burn more calories. In studies, researchers found that a combination of caffeine and a 90-mg dose of EGCG taken three

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# RELATIONSHIP HEALTH

## How Does Money Destroy a Marriage?

By Articlebase.com

*"Money never made a man happy yet, nor will it. The more a man has, the more he wants. Instead of filling a vacuum, it makes one."*

- Benjamin Franklin

Money may not exactly guarantee happiness, but it certainly can destroy a marriage if it is hard to come by. When you lack financial means to live your life the way you wish to, it can be very difficult emotionally and take a toll on any marriage. How does money destroy a marriage?

To begin, even the best marriages that have been lasting for years can fail due to a change in finances or a lack of funds. The economy can be very unpredictable and what a family could live off of years ago is simply not enough currently. This excess strain on always trying to stay out of debt and to maintain some form of savings for the future or in the event of an emergency is what pushes couples to argue and stress to take over their relationships. This is a sad truth for thousands of couples that have recently suffered a loss of their job or simply did not budget properly for the recent changes in the economy. While some have already headed for divorce, you may be one of these struggling couples trying to salvage your marriage during these financially draining times and thankfully, there is hope for you both to make it.

Anytime you are faced with a month or even a year of financial prob-

lems, you need to step back and look at the situation realistically. It does nothing for either you or your spouse to place blame on one another or to fight and cause tension for yourselves and your children over things that simply cannot be taken back. When you are faced with debt you must begin to make sensible changes to repair the issue and keep in mind that your marriage was not the cause of your financial stress, it was the outside circum-

***"If you want to feel rich, just count the things you have that money can't buy."***

- Proverb

stances. Sit down with your spouse and make a list of all of your current bills, and what debt you may have that needs attention. Create a similar list of income, money that your household receives currently and money that can be obtained through other methods. Perhaps one or both of you may need to find different employment or even a second part time job locally to get you out of this mess. Keep a positive attitude and remember that you can always make more money; it simply requires determination and the willingness to succeed together. Make a pact as a family to not spend any money on useless items and services that are not necessities. This may equate to eating more meals at home for awhile and

packing lunches for work or school. Small changes can mean a world of difference in a financially struggling home and in many cases the couples also seek some form of counseling as well. Voice any concerns to each other and keep as much of the current situation out of discussions where the children are present as that can cause them to suffer from stress also. Create a plan and follow through with it and realize that you both are in this together and not against each other to make your marriage and your family stronger.

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# INNER HEALTH

## Are All Meditation Techniques the Same?

By: Keith DeBoer

In the 1950's the adults did it. In the 1960's it was the college crowd. Now in the new millennium, everybody has tried some type of meditation. So as a teacher of the Transcendental Meditation (TM) technique I am often asked: "Aren't all meditation techniques basically the same?" Let's take a look and see.

1. Concentration and Visualization: We've all been to a yoga class and been asked to clear our mind of thoughts, let go of our stress or imagine ourselves floating on a cloud. These are attempts to push away stress and tension by focusing on, or visualizing a pleasant thought, a peaceful place or by relaxing a specific body area. But this kind of meditation could also involve looking at a candle or contemplating love, or life or God etc. These are all considered to be in the same category of meditation techniques that require mental focus or concentration.

2. Mindfulness: This involves the dispassionate monitoring of our thoughts and experiences by maintaining an attitude of non-evaluation.

3. Effortless and Automatic: So far, only the Transcendental Meditation technique falls into this category. Why? Because thinking a mantra is only the starting point in the TM technique. It sets up the initial conditions that allow the mind to automatically sink into deep silence. It does not involve any concentration, contemplation or mindfulness of the thought or meditation process.

Can this be verified objectively? Well, let's find out by examining the brain wave or EEG results

for the various types of meditation.

Category 1 meditation (concentration) requires that we hold our attention on a single thought, visualization or a series of thoughts. These kinds of meditation produce EEG in the beta-2 (20-30 Hz) and gamma (30-50 Hz) frequency bands.

Category 2 meditation (mindfulness) also requires focus but instead of visualizing, it requires us to focus on our thinking process and asks us to monitor it in a dispassionate and non-evaluative way. This kind of meditation technique is characterized by brain wave

***"Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom."***

-Buddha

activity in the frontal area, theta (5-8 Hz) EEG, and sometimes also the occipital area, generating gamma (30-50 Hz) EEG patterns. (Cahn, Delorme, & Polich, 2010).

Category 3 meditation (TM technique) is an automatic, self-transcending, meditation that is effortless and requires no point of focus, not even focusing on the mantra. That's right, even though a customized mantra is part of the Transcendental Meditation technique it is merely a starting point or vehicle for the automatic process of transcending or going beyond the thought process itself.

The TM technique is the only meditation technique that produces alpha-1 (7-9

Hz) EEG, brain wave activity that is characteristic of reduced mental activity and physical relaxation occurring simultaneously while remaining alert. This kind of brain wave activity is both coherent and synchronous in the left and right hemispheres and frontal and posterior brain and is not seen in any other type of meditation practice. (Travis, Arenander, & DuBois, 2004; Travis et al., 2010).

It's important to note that EEG coherence is the innocent byproduct of the TM technique not the goal. During the technique we could care less about our EEG or anything else for that matter. There is no concentration or manipulation of the mind or thoughts.

Be a wise and informed participant. There are many meditation techniques available in health spas and yoga centers etc. So do a little research and find the one that's right for you. Look for one that offers personalized training, follow up classes and is backed by scientific research. Personally and professionally I use the Transcendental Meditation technique, but everyone needs to decide for themselves. Good luck and peace to you!

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