




TACTICAL COMPOSURE *COACHING*

for Wellbeing & Performance

APA 2020

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A program of
evidence-based
wellbeing tactics

1. Tactical Composure Overview and Basics
 2. Perspective and Grounding
 3. Optimism and Reframing
 4. **Wellbeing and Motivation**
 5. Emotional Regulation – Tactical Composure Advanced
 6. Relationships and Empathy and Vulnerability
- *Your personal tactical composure plan*



Tactics Check-in

What tactics or actions have you been putting into place, or trying out?

How are they going? (what's their effect)

What are you noticing? (themes, patterns, questions)



Patterns in our Thinking

Think about how you typically explain the events in your life (your default style):

- When something happens, our **explanatory style** is part of how we process it, attach meaning to it, and assess it as a threat or a challenge in our lives.
- It's part self-talk and part self-perception, and it affects stress levels in multiple ways.
- **Permanence** (is it changing across time or will it always be like this?)
- **Pervasiveness** (is it universal throughout your life or relevant to only one aspect?)
- **Personalization** (Do you see the cause of an event as within yourself or outside yourself?)



Stress and our Explanatory Style

01

4S is making my life hell and I can't see it ever getting better
It's affecting my sleep, my exercise and my relationships
I guess I'm just not cut out for a job like this

02

Dealing with 4S as part of my job is really hard right now but it will eventually get better
Work is just one part of my life
I can improve my ability to deal with the challenges the system is causing

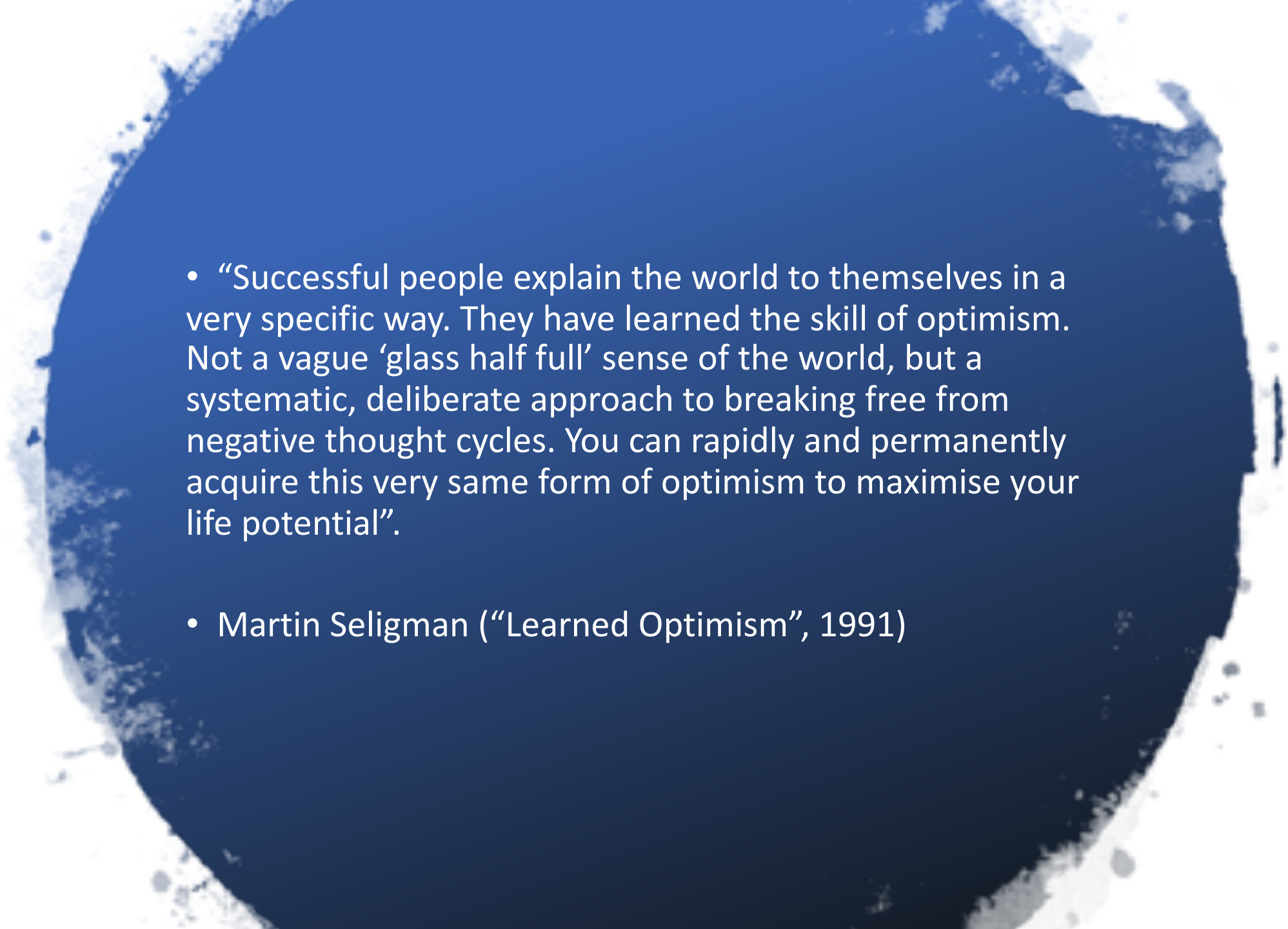
Optimists & Pessimists

- We are all on a continuum, rather than at extreme ends (we may be more optimistic about one aspect of our life and less optimistic about another)
- Research shows that optimists enjoy greater achievement, greater health, a sense of persistence toward goals, greater emotional health, increased longevity, and lower reactivity to stress. Because of this, optimists tend to be happier overall (and live 11-15 % longer)
- An optimistic or pessimistic mindset is about 25% hereditary

<https://web.stanford.edu/class/msande271/onlinetools/LearnedOpt.html>

- **Positive thoughts** - don't have magical powers, but optimistic thoughts lead to productive behavior, which increases your chances of a successful outcome





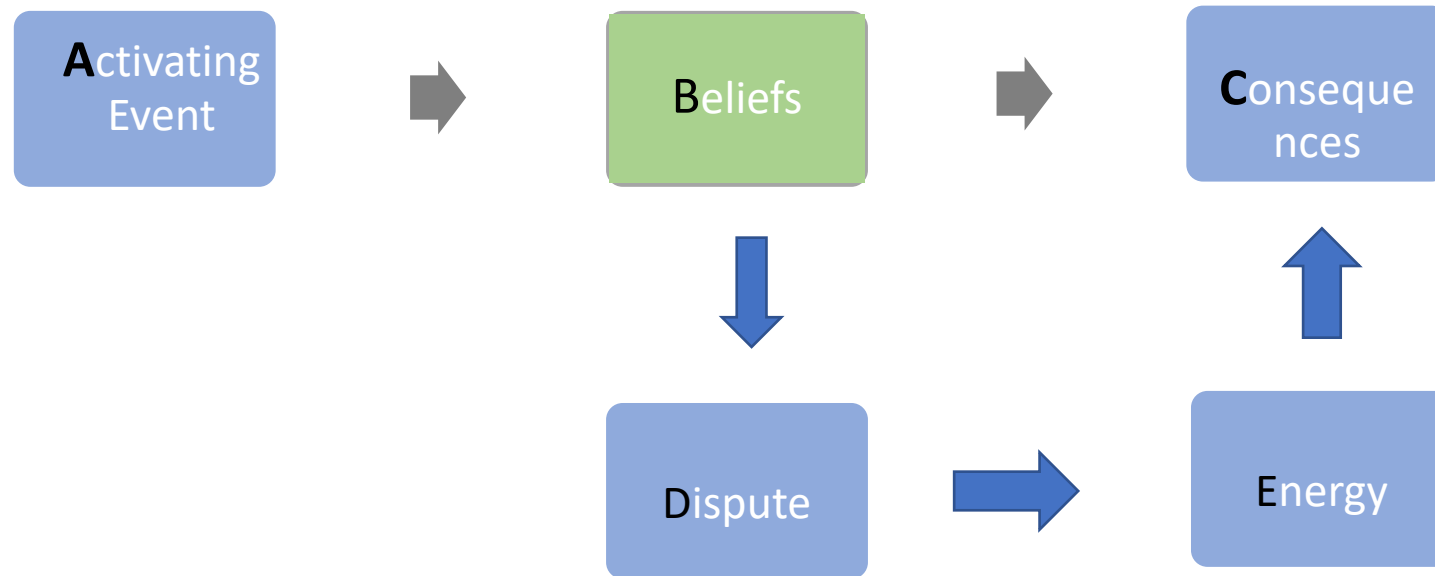
- “Successful people explain the world to themselves in a very specific way. They have learned the skill of optimism. Not a vague ‘glass half full’ sense of the world, but a systematic, deliberate approach to breaking free from negative thought cycles. You can rapidly and permanently acquire this very same form of optimism to maximise your life potential”.

- Martin Seligman (“Learned Optimism”, 1991)

If you want to be more Optimistic:

Recognise	Recognise your thinking patterns and decide which ones are unhelpful and that you will change
Switch	Switch from Default to Deliberate. Recognise you have some control over what you choose to do
Stop	Stop “should’ing” all over yourself
Try	Try a daily gratitude journal or “3 good things” exercise

Extending our ABC's



Disputing



FINDING ARGUMENTS
AGAINST YOUR UNHELPFUL
BELIEFS:



1. **EVIDENCE:** WHAT IS THE
EVIDENCE FOR YOUR BELIEF
AND IS THERE EVIDENCE
THAT IT IS NOT TRUE?



2. **ALTERNATIVES:** ARE
THERE ANY ALTERNATIVE
EXPLANATIONS FOR THE
SETBACK?



3. **IMPLICATIONS:** DOES
THE SETBACK REALLY HAVE
LONG TERM IMPLICATIONS
OR IS IT JUST A TEMPORARY
NUISANCE?



4. **USEFULNESS:** WHICH
EXPLANATION IS MOST
USEFUL TO YOU IN TERMS
OF ACHIEVING YOUR
GOALS?



Reframing Tactics

Techniques and actions that identify the automatic thoughts and beliefs that underlying tension-triggering situations and give you back deliberate choice in the constructive thoughts you want to use. *Creating composure through* compassion and positive, constructive and realistic thinking.



Tactical Composure Exercises AUDIO



- Visualisation of the Beach





Wellbeing & Self-Care

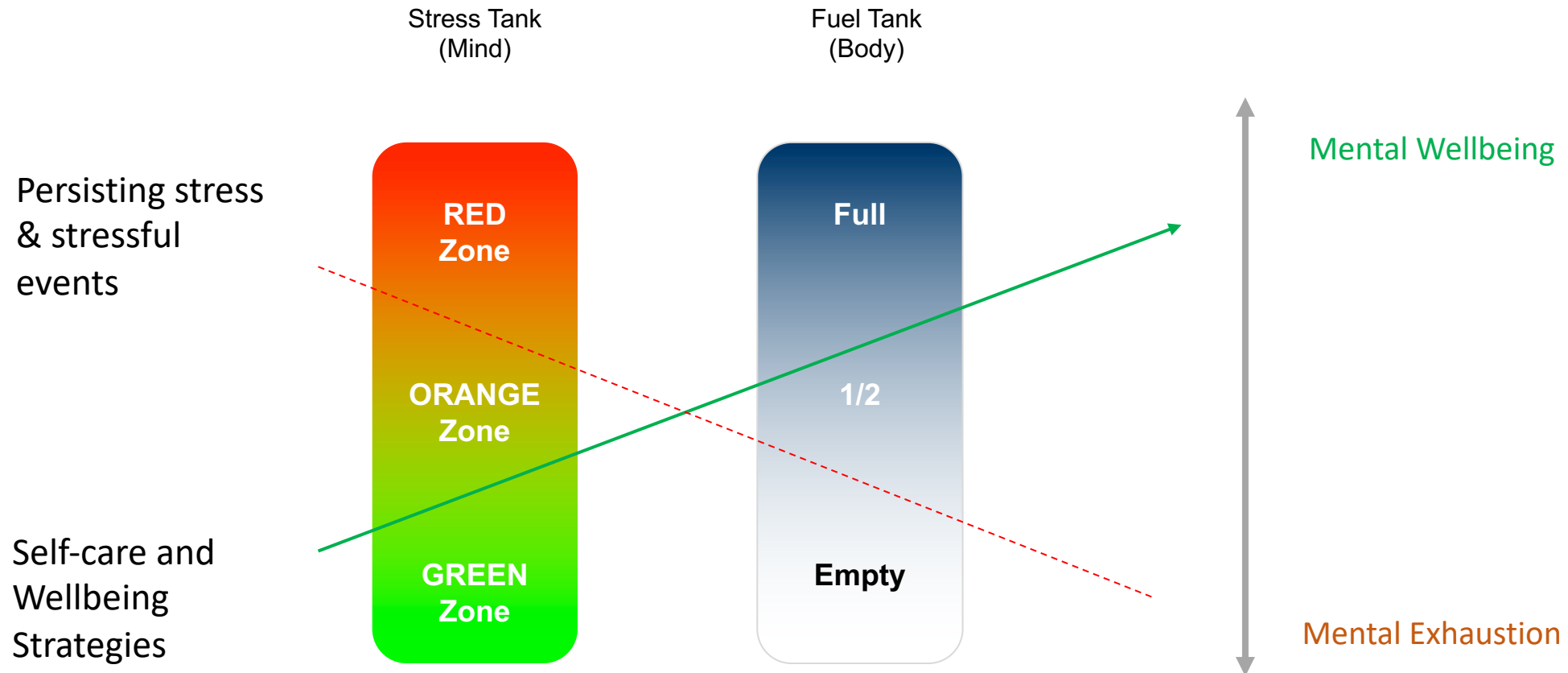




The discipline of self-care

- Prioritising our own wellbeing
- Healthy habits and routines
- *Easily disrupted by change*

Pathways to mental wellbeing





Refocusing our attention toward constructive actions that are within our control

1. Adopting a deliberate and helpful mindset
2. Engaging in healthy and constructive actions
3. Communicating and connecting with others

Go to www.menti.com and use the code 63 00 74 2

Which of these strategies have helped you cope and adjust to changes resulting from COVID-19?



Strategies:

Mindsets and focus

- Remember you have adapted and can adapt again
- Give these things a go (again) – you can feel better
- Create a deliberate daily focus – mindset and priority
- Reconnect to positives: strengths, accomplishments, gratitude, positive media and activities – ‘feel goods’
- Use helpful mindsets *“I can cope with this, I can ask for help, I can stick to my sensible plan”, “lots of people are feeling this way or affected with what’s happening”, “seeking more tools or help is a resilience action”*

Strategies:

Engaging in
healthy and
constructive
actions

- Re-establish structure, routines and house rules, (if alone, in isolation - buddy system)
- Eat a balanced diet (loaded with fruit and veg)
- Exercise, relaxation techniques or mindfulness
- Write down the problems and consider solutions
- Make plans and to do lists – individual coping plans
- Limit your exposure to negative news
- Circuit break your day (and worries) with rest breaks
- Switch off and wind down before bedtime for sleep

Strategies:

Communicate and connect

- Maintain your social connection time (with work and friends)
- Check-in to let others know how you're doing
- Ask for help help or advice early, don't hesitate

- Asking them: *"What do you need to help you manage things?"*
- Making requests: *"I'm asking for XYZ because it will help meet my need for ABC... how does that sound/can you help me with that?"*



~~CAN'T~~



CAN



Motivation



Motivation

I know what I need to do, so why don't I do it?

- Its too hard
- I don't have time
- I couldn't be bothered
- I don't know where to start
- I don't have enough money
- I have too many other things to do



Locus of Control

The extent in which you believe you have power over events in your life

Internal

- believe that your success or failure is your own doing
- push yourself to achieve big accomplishments and believe that if something goes wrong, it's due to your own actions.

External

- believe that your success and reward comes from influences outside of your control
- success largely depends on luck or chance.

Locus of Control – Sample Questions

1.
 - a. Many of the unhappy things in people's lives are partly due to bad luck
 - b. People's misfortunes result from the mistakes they make

2.
 - a. Becoming a success is a matter of hard work; luck has little or nothing to do with it.
 - b. Getting a good job depends mainly on being in the right place at the right time

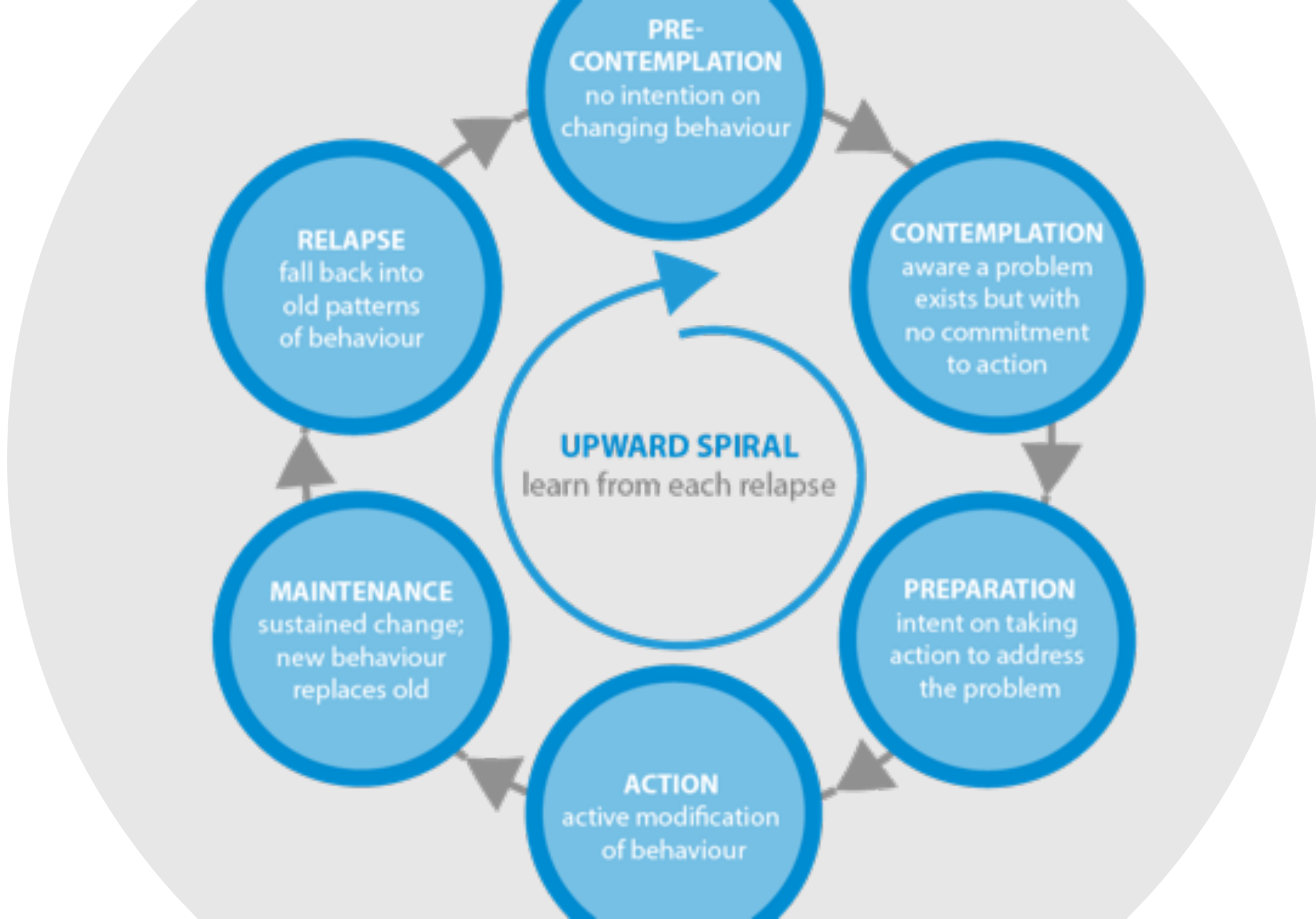
3.
 - a. Without the right breaks, one cannot be an effective leader
 - b. Capable people who fail to become leaders have not taken advantage of their opportunities

<http://www.psych.uncc.edu/pagoolka/LC.html>





Are You
Ready to
Change?



Pre-contemplation

While you might not be sure you are ready to make changes now, you've taken a positive step by beginning to consider setting goals.

Try now: Become more informed—learn what you can about your desired change. When you're ready to take steps toward your goal, you can start.

Contemplation

Chances are, you feel stuck right now—caught between understanding you have a problem and knowing how to solve it.

Try now: transform your vague ideas for change into concrete, achievable steps. You may still be far from committing to action, and this is okay. Try to focus more on the solution ("I want to add one healthy food to my diet") than the problem ("I eat horribly:").

Preparation

This is exciting—you're almost ready to make some changes!

Try now: Go public. Tell a few trusted friends or family members about your intention to make a change. This will help you avoid any last-minute ambivalence about your plans and help you establish a network of support.

Action

This is a busy time of trying out new routines and discarding old habits. Other people may even be noticing your progress.

Try now: Your aim now is to stay on track and keep focused on the positive results you've seen so far.

Maintenance

You've already achieved your goal, but you want to stay on track to make sure you don't have relapses or fall into old habits.

Try now: Keep on going: continuing to set goals and check-ins will keep you moving forward—and help you resist old behaviors.

Termination

You have likely made the behavior an integrated part of your life, perhaps a habit you don't have to think about.

Try now: take a moment occasionally to appreciate the change you have made. And watch to see if this behavior holds steady in times of stress or if you need to take steps to support it.



“If today were the last day of my life, would I want to be doing what I’m doing?”



Top 5 Regrets of the Dying

#5 I wish that I had let myself be happier.

#4 I wish I had stayed in touch with my friends.

#3 I wish I'd had the courage to express my feelings.

#2 I wish I hadn't worked so hard.

#1 I wish I'd had the courage to live a life true to myself, not the life others expected of me.

- “The Top Five Regrets of the Dying: A Life Transformed by the Dearly Departing” – Bronnie Ware (2012)

Top Regret of the Dying

“This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honored even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. Health brings a freedom very few realize, until they no longer have it.”



Questions to Boost your Motivation

- What are the recent accomplishments that make me feel proud and successful?
- What is the one step I can take right now to move closer to my goal?
- If I fail to achieve my goals, what will be the consequences?
- If I successfully achieved my goals, what will my life be like?
- What is the biggest obstacle or roadblock that is stopping me from reaching my goal; that if I get rid of it, I will become unstoppable?
- Who do I want to be in the next 5 years?
- What is the one goal that if I achieve it, everything else will be easier or unnecessary?
- What is the good advice that the 70-year-old me will tell the 40-year-old me?

Go to www.menti.com and use the code 63 00 74 2

What is the one step I can take right now to move closer to my goal

Press ENTER to pause scroll



Tactical Composure Exercises AUDIO

- 3-min Breathing Space



Tactical Composure Exercise Plan

- Practice the tactics and notice their effects
- Audio exercises and written materials at URL:
<https://www.tacticalcomposure.com/resources/orica-wellbeing-program/>

TACTICAL COMPOSURE

An investment your mind will thank you for!

TACTICAL COMPOSURE

EXERCISES

BENEFITS

CONTACT

TRAINERS

SAMPLES

More About Tactical Composure





Using the Stages of Change to
Overcome the Top Threats
to Your Health and Happiness

CHANGING TO THRIVE

JAMES O. PROCHASKA, PhD
CO-AUTHOR OF CHANGING FOR GOOD™
THE FOUNDATIONAL STAGES OF CHANGE MODEL

JANICE M. PROCHASKA, PhD
CO-FOUNDER OF PRO-CHANGE BEHAVIOR SYSTEMS, INC.



Additional Reading

QUESTIONS

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