
AWS
re:Invent

WPT201

Emotional resilience: How to thrive in stressful times

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AWS

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Agenda

- Understand what emotional intelligence is and why it is important for resilience
- Learn how to:
  - Reduce stress
  - Be more positive
  - Increase grit
  - Boost resilience
- Get resources to continue developing your emotional resilience



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Poll

How much do you agree with this statement?
“I am experiencing more stress lately than usual.”

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree

Emotional intelligence



Why is self-management so difficult sometimes?



How can you increase your emotional resilience?

Stay buoyant!



Polar bear (https://commons.wikimedia.org/wiki/File:Polar_Bear_floating.jpg) by Cburnett, licensed under the GNU Free Documentation License, Version 1.2.

Two keys to buoyancy





Key #1: Positivity

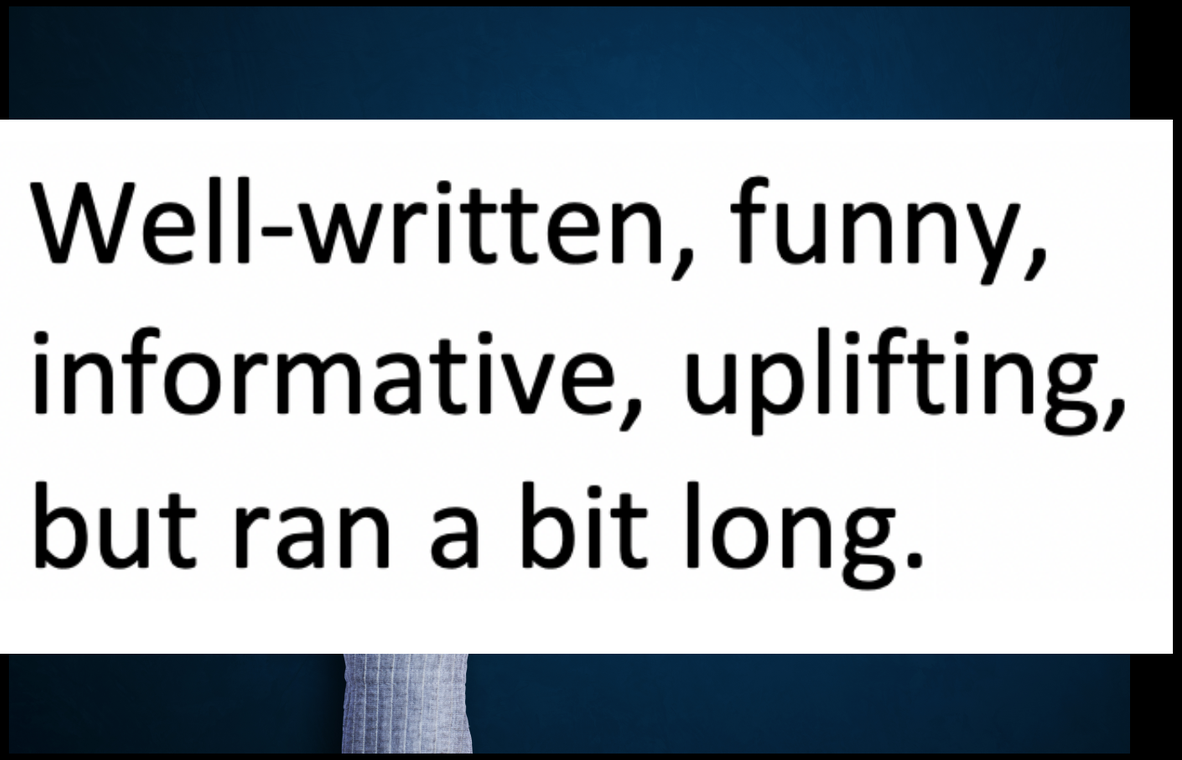
IT'S GOOD FOR YOU, EMOTIONALLY AND PHYSICALLY



- Neutralize "negativity bias"

Key #1: Positivity

IT'S GOOD FOR YOU, EMOTIONALLY AND PHYSICALLY



- Neutralize "negativity bias"
- Healthy ratio of positivity to negativity
- Positivity improves immune response and cardiac health
- Optimistic people have longer life spans*

*Based on research by Boston Medical School & Harvard

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How to become more positive

3 & 3

3 gratitudes a day
for 3 weeks



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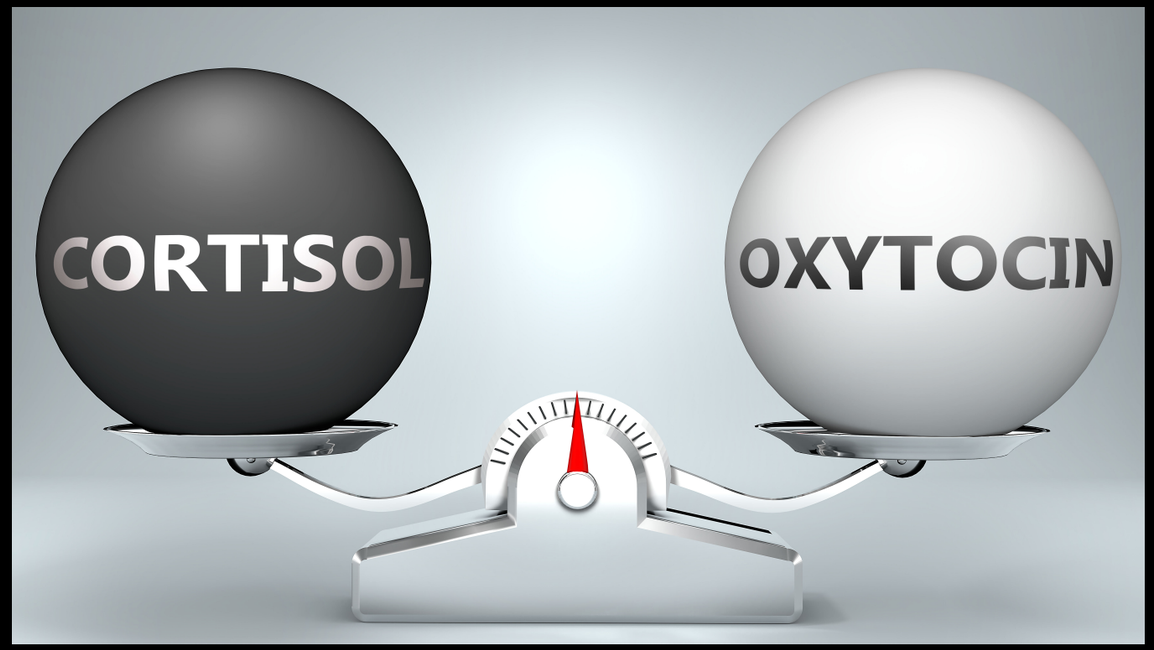
Self-compassion with EST

Develop a positive attributional style with EST

External not *Personal*
Specific not *Pervasive*
Transitory not *Permanent*

Resilience booster #1

ONE MINDFUL MINUTE TO BOOST YOUR OXYTOCIN



- Reduces stress and cortisol
- Increases optimism and trust
- Increases compassion
- Repairs heart cells
- Booster: One mindful minute (with tactical “box” breathing)

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Key #2: Grit

HOW TO GET MORE OF IT



Make friends at work

Key #2: Grit

HOW TO GET MORE OF IT



Make friends at work



Rewrite the story with gratitude and generosity

Key #2: Grit

HOW TO GET MORE OF IT



Make friends at work



Rewrite the story with gratitude and generosity



Start with why (purpose)

Grit Scale: https://angeladuckworth.com/grit-scale/

Resilience booster #2

MOVE IT, MOVE IT!



Resilience booster #3

SLEEP: A RESILIENCE SUPERPOWER



Resilience booster #3

SLEEP: A RESILIENCE SUPERPOWER



Sleep is your superpower: https://www.ted.com/talks/matt_walker_sleep_is_your_superpower?language=en

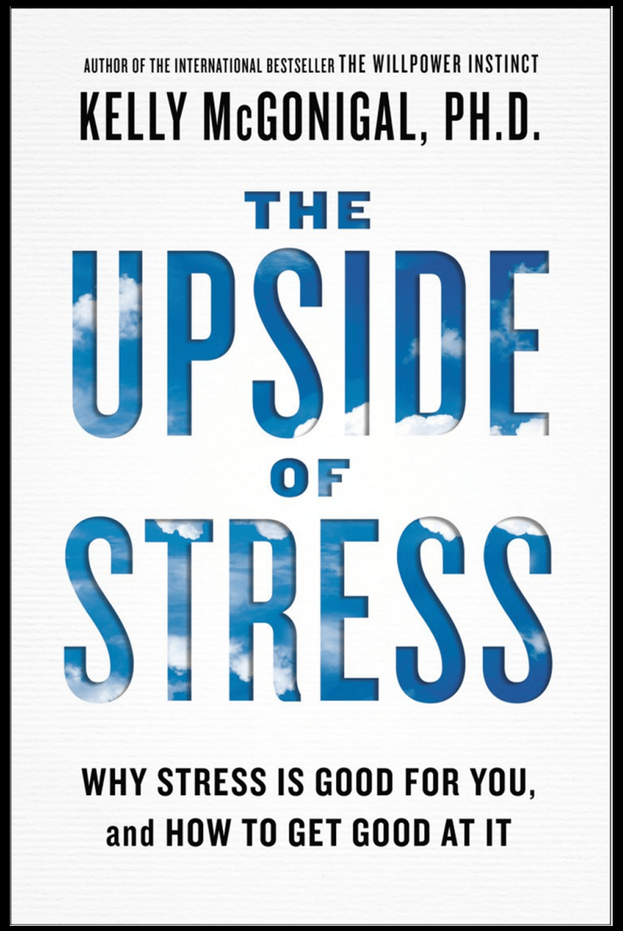
Important question

What one quality most denotes a high EQ and separates great leaders from average ones?


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Compassion

Resilience booster #4

SERVE AND SUPPORT OTHERS



"How you think and how you act can transform your experience of stress. When you choose to connect with others under stress, you can create resilience."

Kelly McGonigal
TEDGlobal 2013

Resilience booster #4

SERVE AND SUPPORT OTHERS



- Run errands for elderly neighbors
- Volunteer at a food bank or virtually online
- Reach out to friends to see how they are doing (especially if they might be isolated or vulnerable)
- Support a colleague at work

Resilience booster #4

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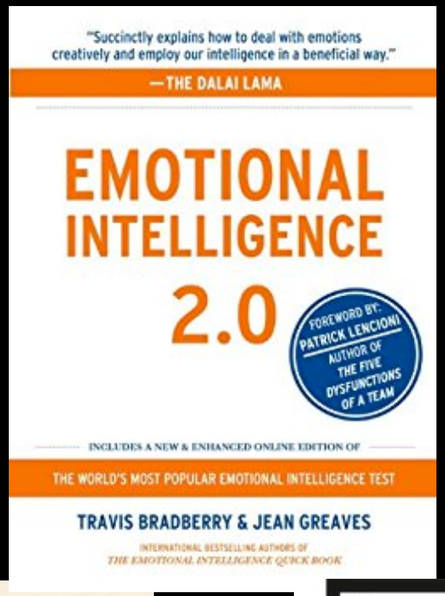
Emotional intelligence growth plan

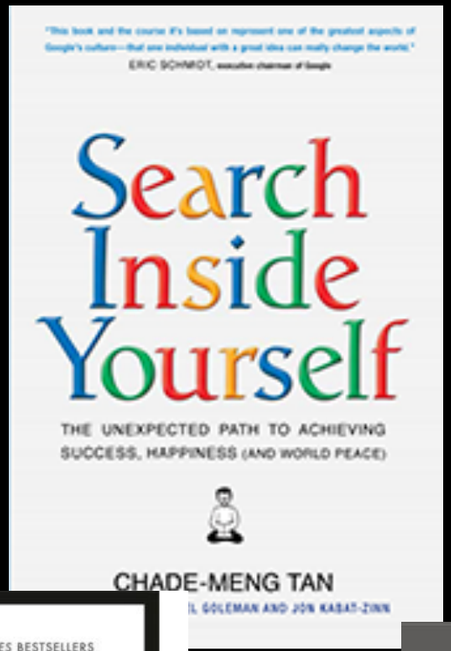
WHERE TO GO FROM HERE

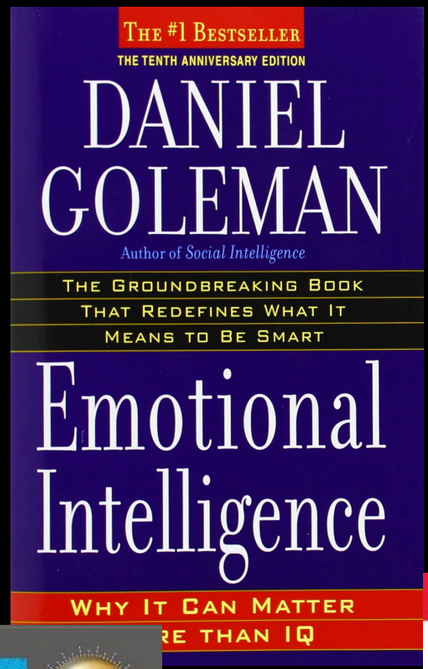


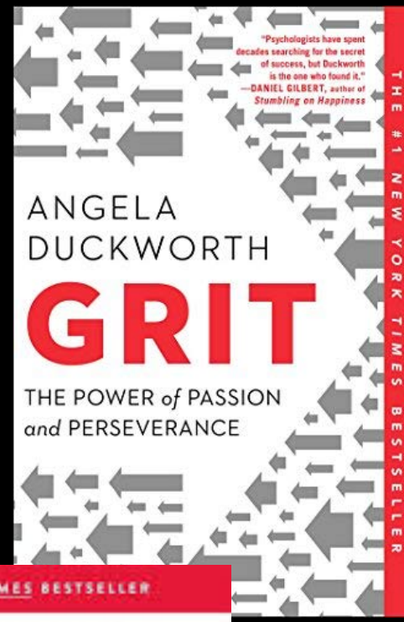
- Practice a resilience technique for 30 days
- Find an EQ buddy, at work or at home
- Read good books
- Check out the Emotional Intelligence website for more resources (books, videos, classes): http://richardhua.co

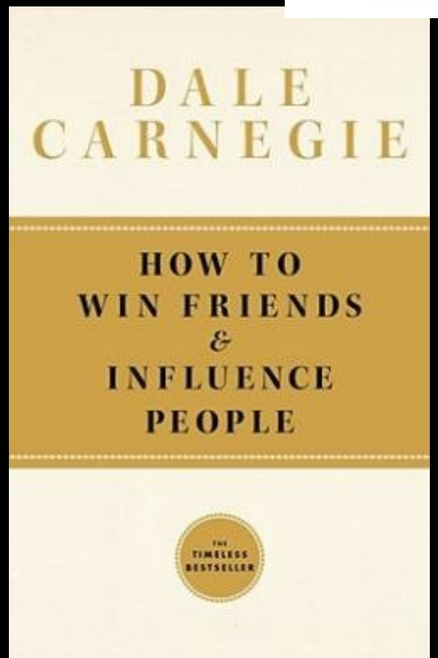
Excellent books for EQ growth

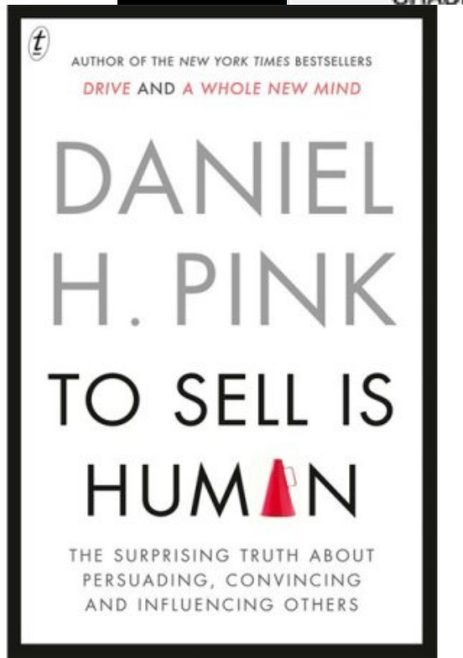


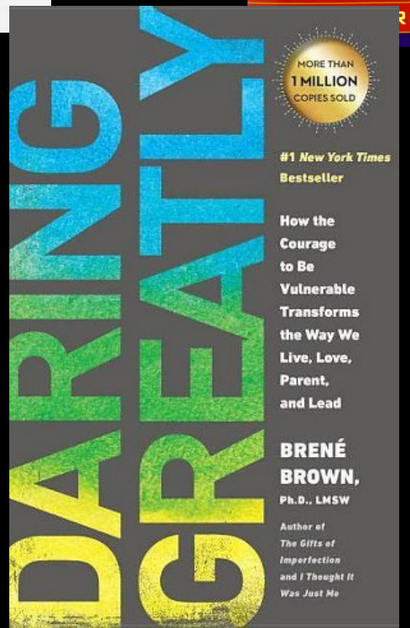


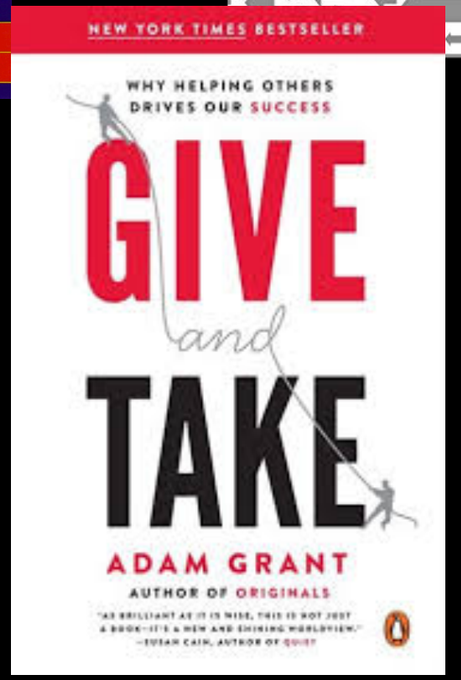












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