



RESILIENCE AND HIGH PERFORMANCE



Kanye West's Super Power

- ▶ Like some entrepreneurs with conditions like ADHD and Asperger's, he sees his diagnosis not as a hindrance but as a “superpower” that unlocks his imagination. (Forbes, 9 July 2019)





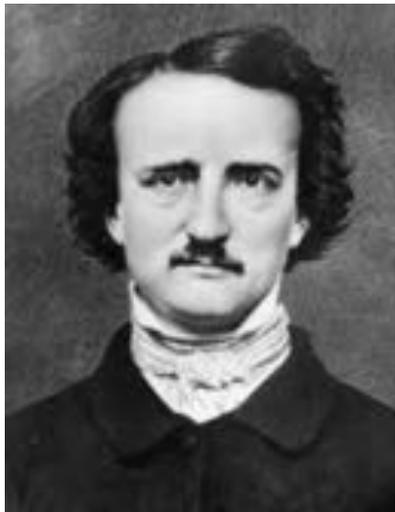
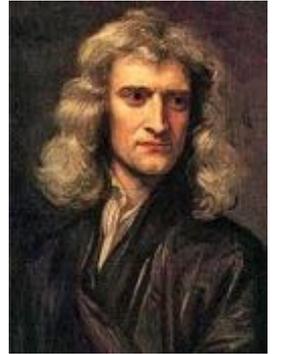
A First-Rate Madness, Ghaemi, 2011

- ▶ “Study after study has shown that those suffering depression are better than “normal” people at assessing current threats and predicting future outcomes.” (Ghaemi, A First Rate Madness, 2011)
- ▶ “In the cases of Churchill and Lincoln (who also suffered from depression), it led to the realisation that war was necessary. In the case of Mahatma Ghandi and Martin Luther King Jr. (also depressives), it made them see the need to reject violence.”
- ▶ “Our greatest proponents of peace were also depressive realists.”

Depressed People make better Lawyers

- ▶ Lawyers
 - ▶ 28% depression
 - ▶ 19% anxiety
 - ▶ Highest rate of suicide
- ▶ “...those suffering depression are better than “normal” people at assessing current threats and predicting future outcomes.”
- ▶ Being a lawyer does not make you depressed, being depressed makes you a lawyer.

Manic's are creative



Anxious People Work Harder to Achieve a Goal



The greatest Crisis Leaders were Quirky, Odd or Mentally Disordered



Accept Emotions for what they are



Anxiety

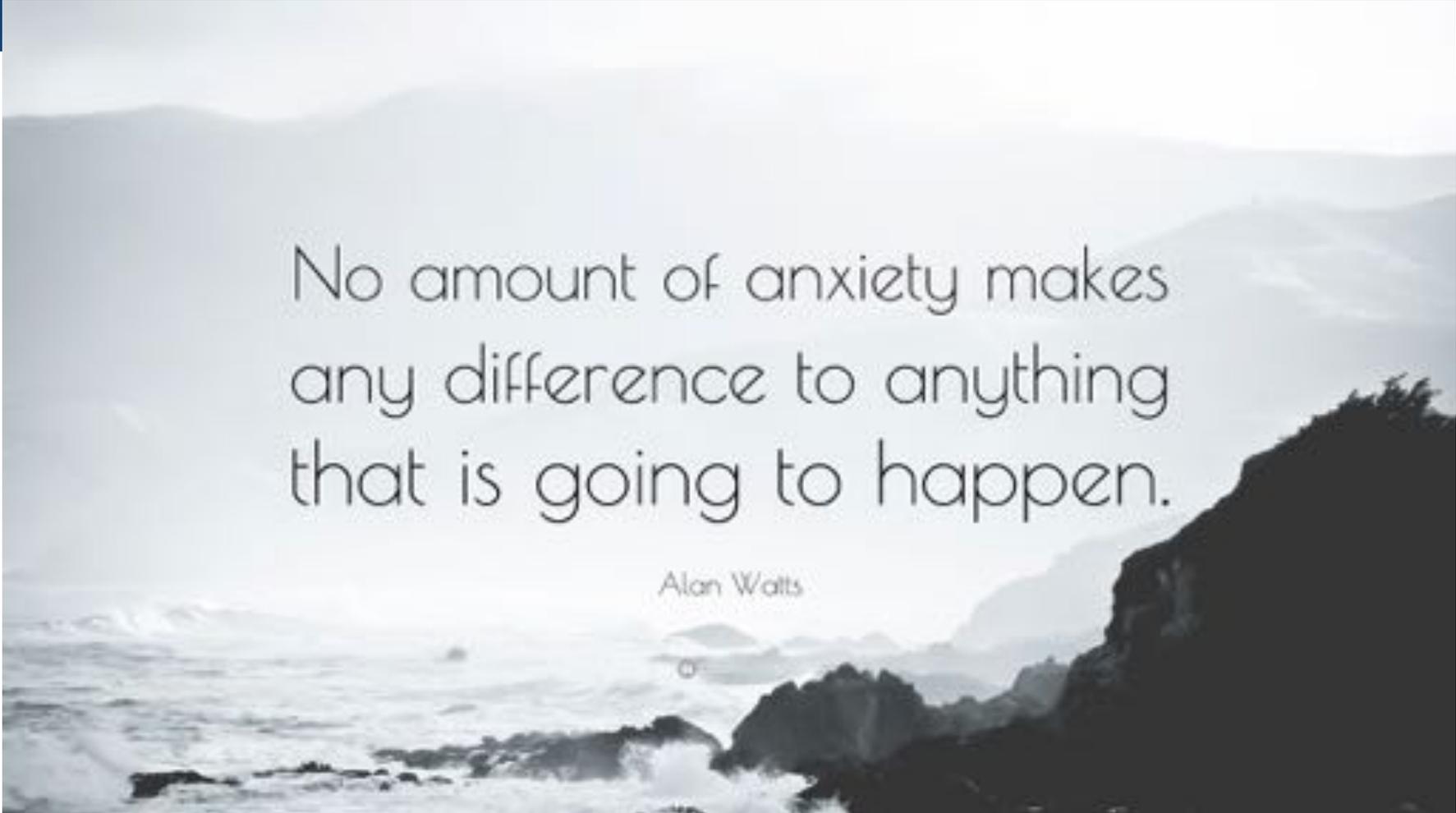
- ▶ When presented with an uncertain outcome the anterior cingulate cortex of the brains of Rhesus Monkeys were activated (Ilya Monosov PHD)



It never ceases to amaze me:
we all love **ourselves**
more than other people,
but care more about
their opinions than **our own**.

– *Marcus Aurelius*

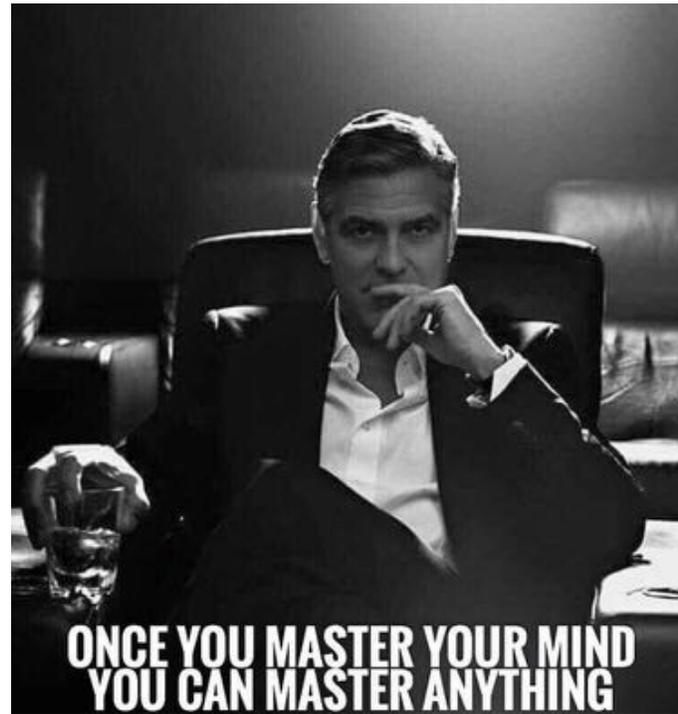
AZ QUOTES



No amount of anxiety makes
any difference to anything
that is going to happen.

Alan Watts

Identify, Plan and Respond



What is this feeling telling me?

**NO MATTER THE
SITUATION,
NEVER LET YOUR
EMOTIONS
OVERPOWER
YOUR
INTELLIGENCE.**

Identify: What is this feeling?

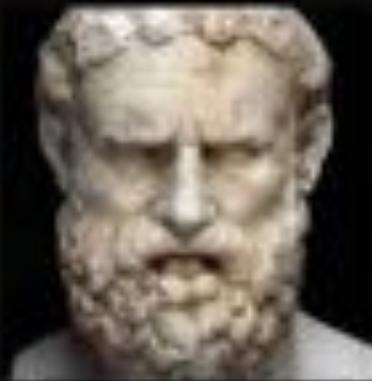
- ▶ Have I eaten?
- ▶ Am I hydrated?
- ▶ Have I exercised today?
- ▶ Have I said something nice to someone today?
- ▶ When did I last have a purely social interaction?
- ▶ Am I well dressed and groomed?
- ▶ Am I tired?
- ▶ Have I over exerted myself physically or emotionally?
- ▶ Do I have an up to date to do list?

Is this feeling a rational reaction to my situation?

- ▶ Clinical Depression is a persistent feeling of sadness and loss of interest not attributable to external causes

**BE STRONG ENOUGH
TO STAND ALONE,
SMART ENOUGH TO
KNOW WHEN YOU
NEED HELP, AND
BRAVE ENOUGH TO
ASK FOR IT.**

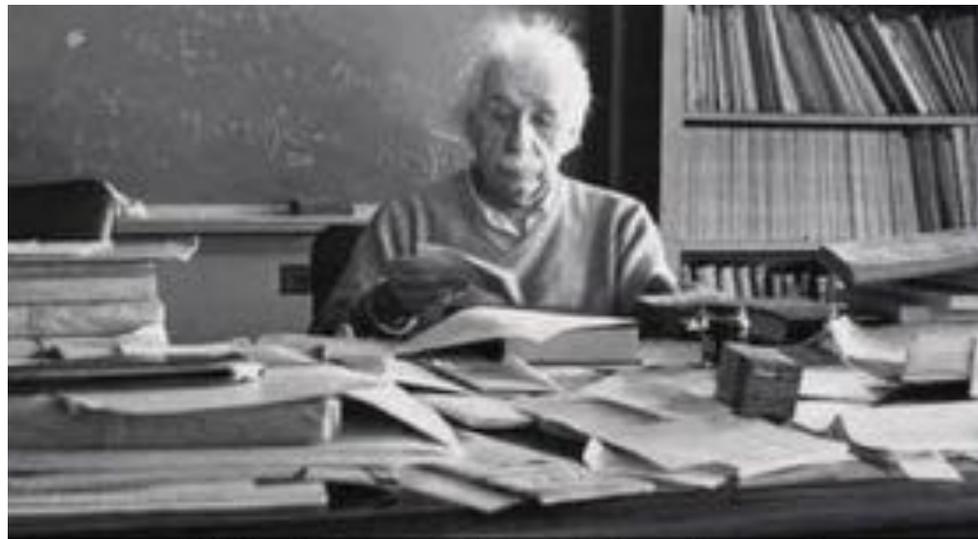
Plan



We don't rise to the level of our expectations, we fall to the level of our training.

– Archilochus

AL QUOTES



“If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?”

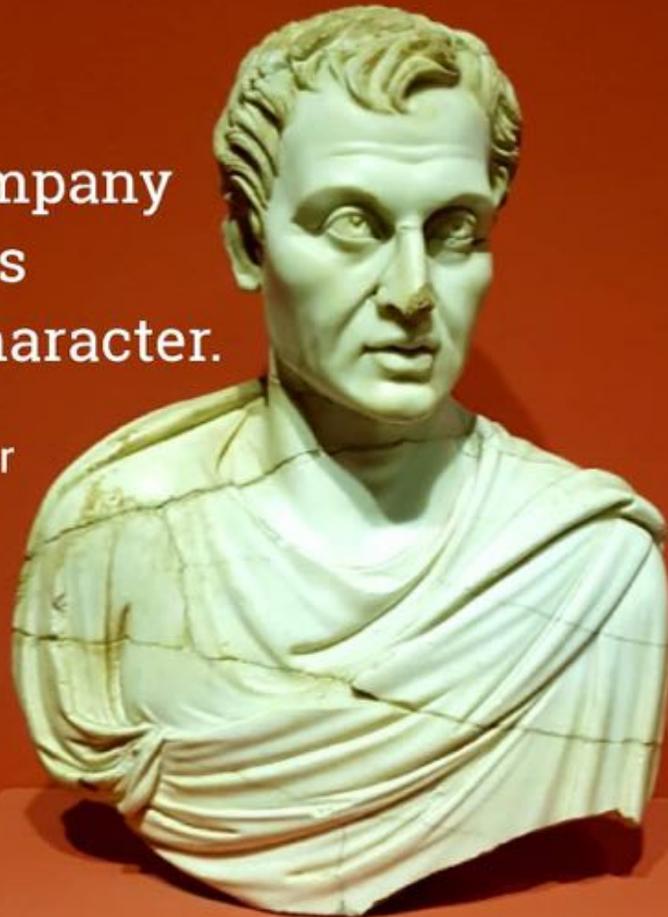
— Albert Einstein



"Destroy the idea that you have to be constantly working or grinding in order to be successful. Embrace the concept that rest, recovery, reflection are essential parts of the progress towards a successful and happy life." - Zach Galliganakis

Bad company
corrupts
good character.

- Menander



@ancientpix



Department of
Sport and Recreation

Physical activity and mental health

Being physically active:



Protects against mental health problems



Decreases depression in older adults



Reduces the symptoms of post natal depression



Is as effective as medication for mild to moderate anxiety and depression



Improves self-esteem and cognitive function in young people



Playing sport reduces psychological distress by

34%

1-3 times a week



47%

4+ times a week

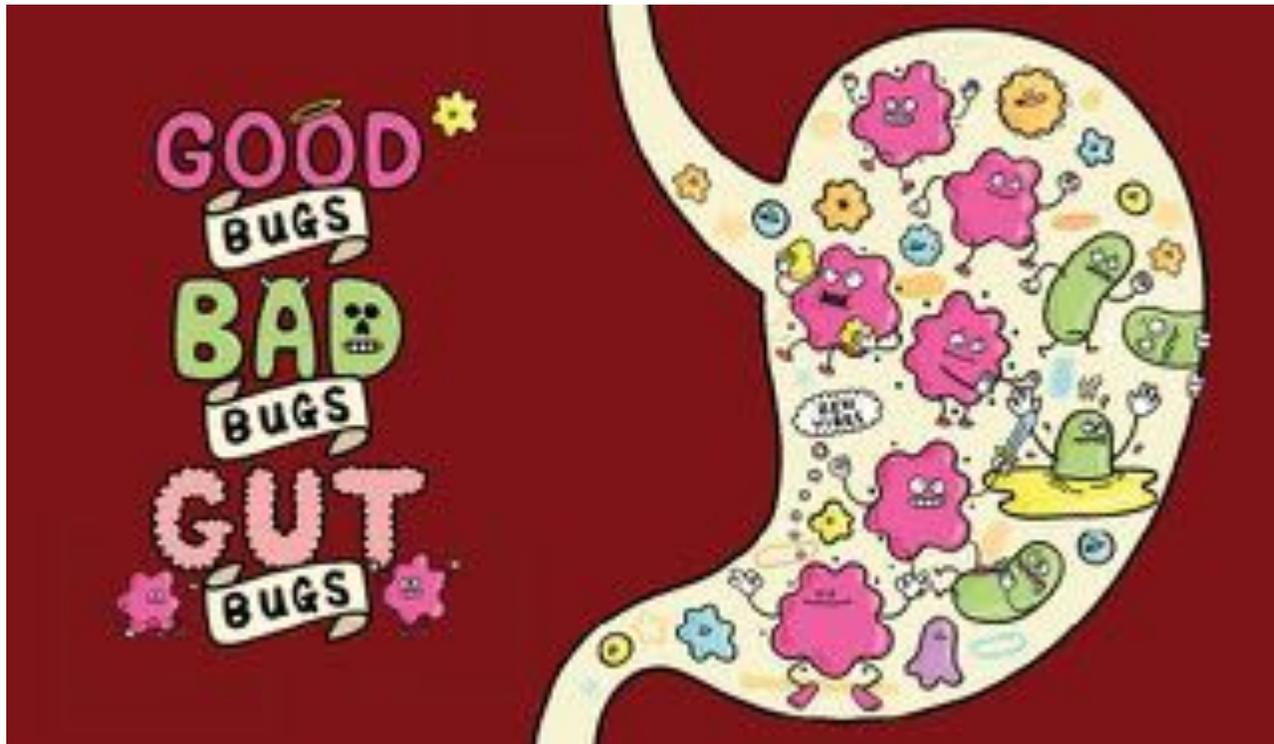


People who participate in sports clubs and organised recreational activity enjoy better mental health.

Follow us on Twitter
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Our whole
community wins

Diet

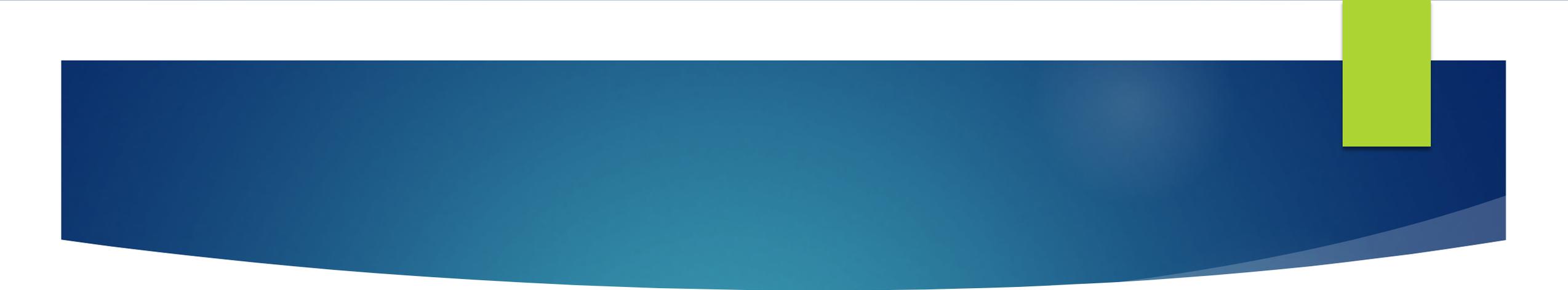


Daily Routine

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.



YOU WILL NEVER
ALWAYS BE
MOTIVATED, SO
YOU MUST LEARN
TO BE
DISCIPLINED.



**JEALOUSY IS
JUST A LACK
OF
SELF-CONFIDENCE.**

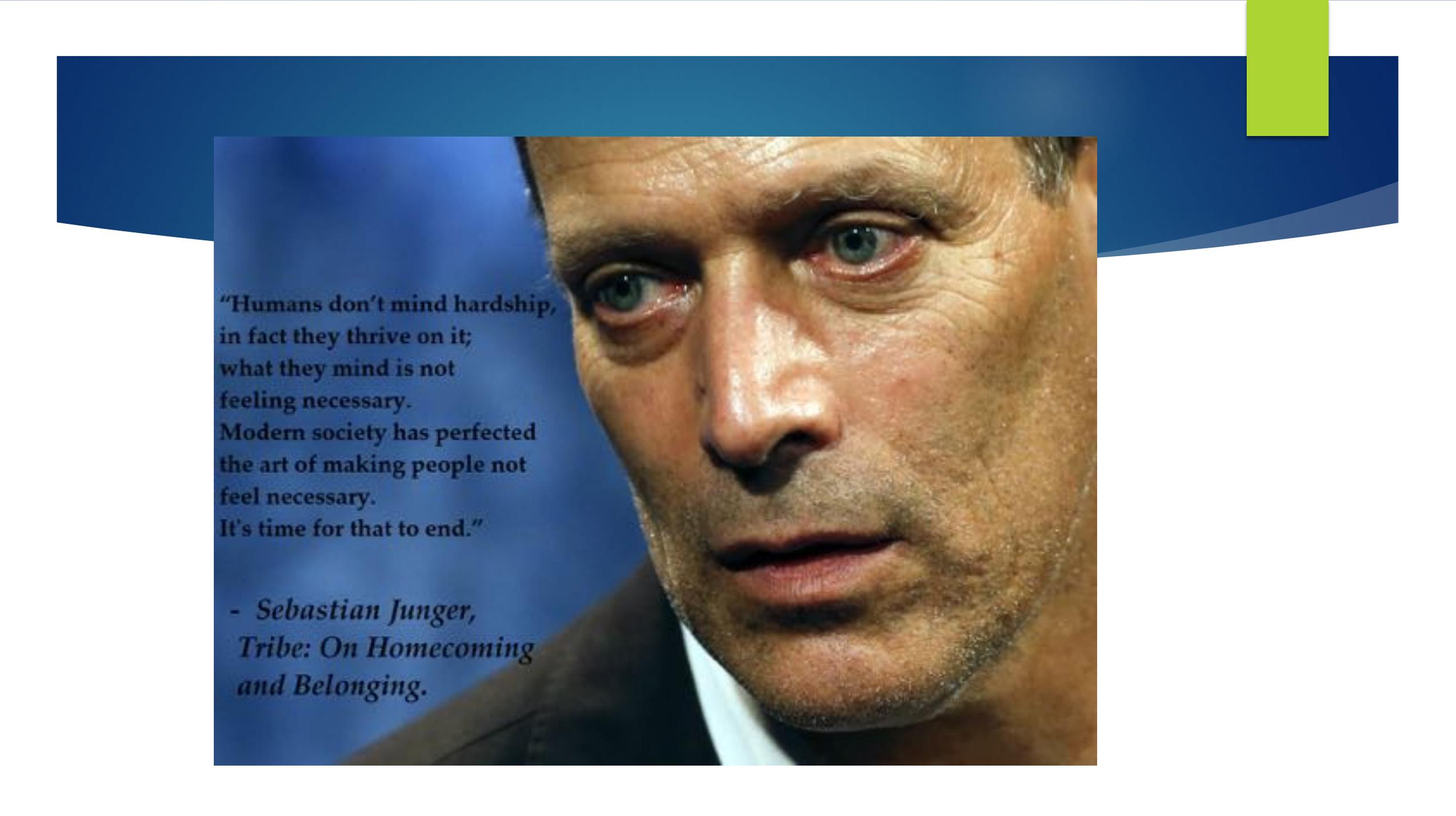
QUOTESLIFE101.NET

“Ego is just an
overdressed
insecurity.”

Quincy Jones







**"Humans don't mind hardship,
in fact they thrive on it;
what they mind is not
feeling necessary.
Modern society has perfected
the art of making people not
feel necessary.
It's time for that to end."**

**- Sebastian Junger,
*Tribe: On Homecoming
and Belonging.***

A person is sitting on the edge of a dark, rocky cliff. The background is a warm, golden sunset sky over a hazy landscape. The overall mood is contemplative and serene.

**MAYBE HAPPINESS IS THIS:
NOT FEELING THAT YOU
SHOULD BE ELSEWHERE,
DOING SOMETHING ELSE,
BEING SOMEONE ELSE.**

—
ERIC WEINER