

The background features a dark blue gradient with dynamic, flowing waves of light blue and purple. These waves originate from the top and bottom edges, creating a sense of movement and depth. The overall aesthetic is modern and professional.

STAYING CONNECTED: CULTIVATING CONNECTION

LTCOL Steve Kearney



WELCOME

GROUND RULES?



The B.L.U.F.

Whakapūpūtia mai ō
mānuka, kia kore ai e whati

Cluster the branches of the mānuka so
that they will not break

THE PLAN FOR TODAY

- Why connection is important
- What gets in the way of connection
- Some practical things you can do to build connections, even when you are stressed
- Based on Acceptance and Commitment Therapy
- Everything is googleable



THE PEOPLE AROUND US MATTER



Combat outcomes



Mental health outcomes



Willingness to seek help



Willingness to talk to one's peers

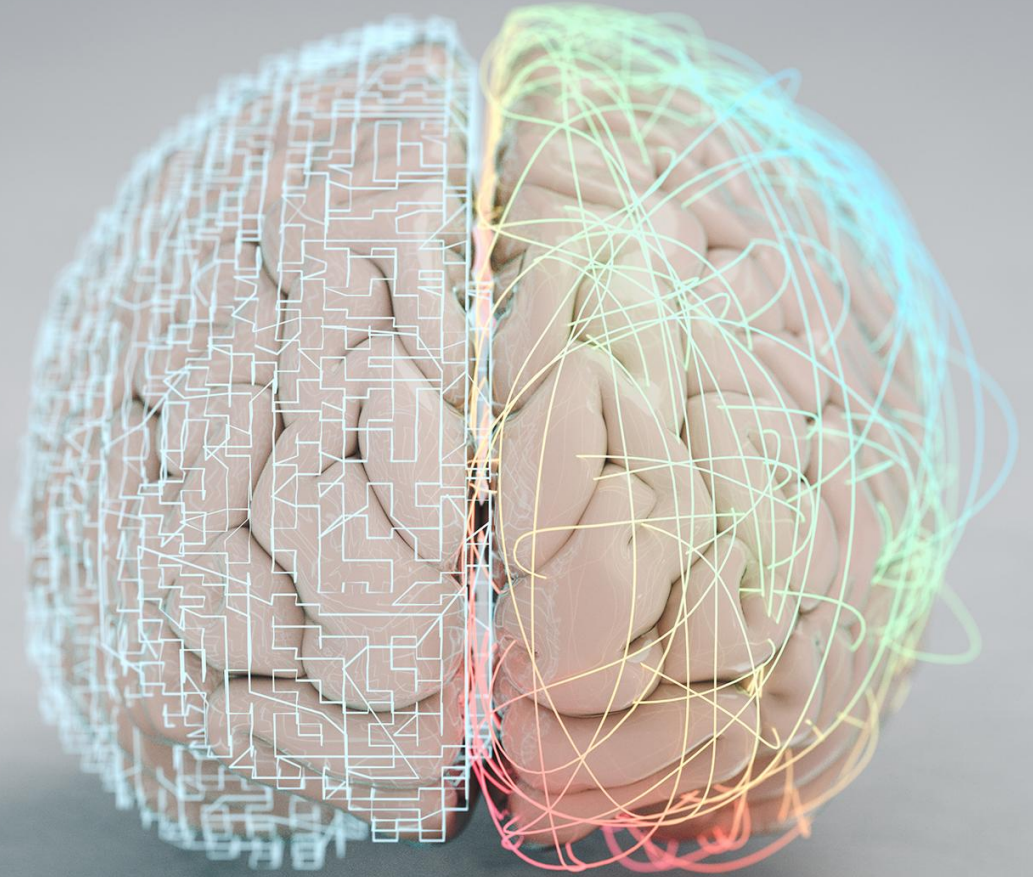


Suicidality

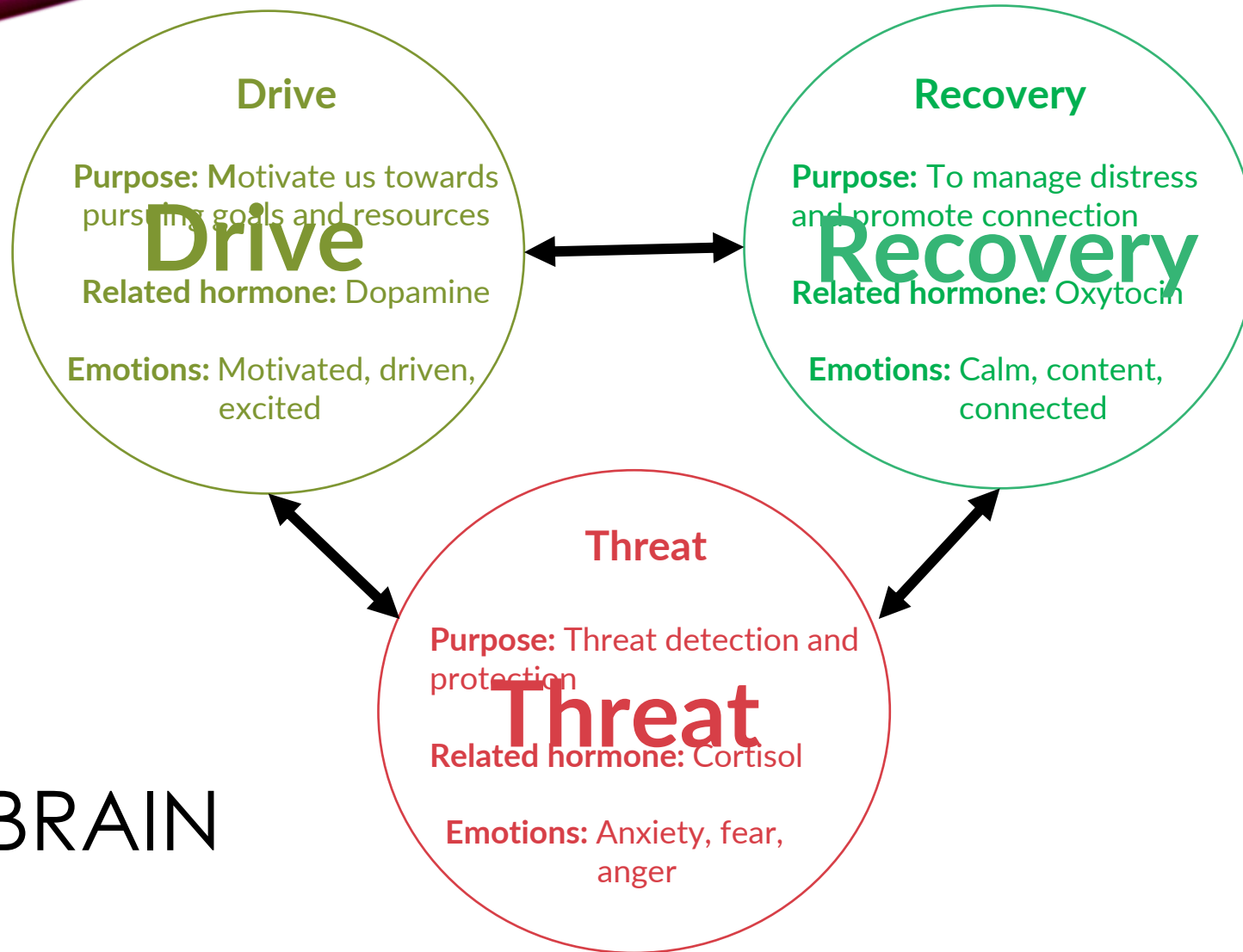


THIS IS YOUR BRAIN ON CONNECTION

The Triune Brain



THE TRIUNE BRAIN



HOW BIG ARE YOUR CIRCLES?

How much of your life is spent in each circle over the last two weeks?

What are some of the headline items in each circle?



Drive?

Recovery?

Threat?

SOME CONSEQUENCES OF LONELINESS

1

Heart disease

2

Obesity

3

Weakened
immune system

4

Mental illness
including
anxiety and
depression

5

Early death

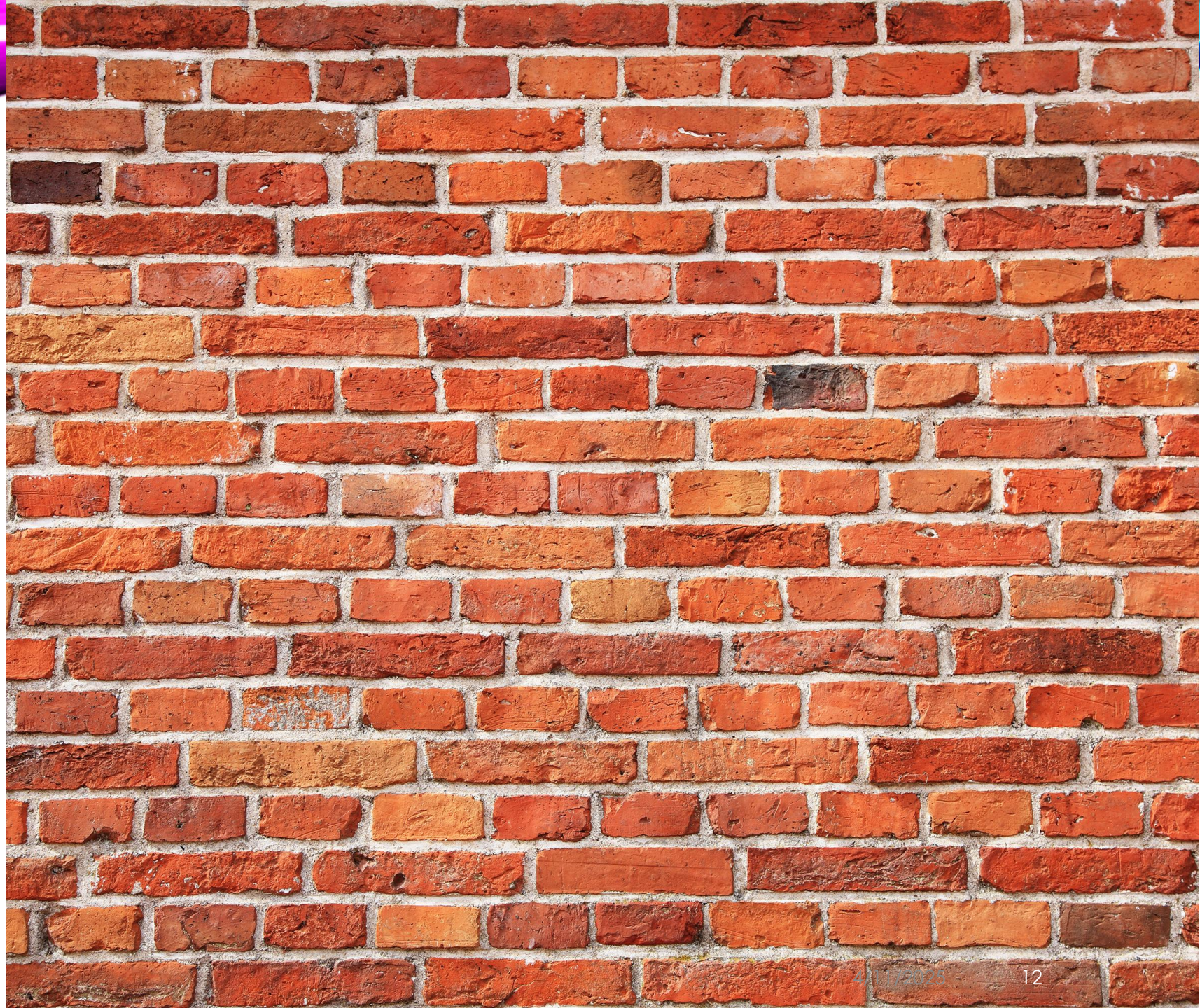
11
LONELINESS IS TO CONNECTION AS
HUNGER IS TO NOURISHMENT



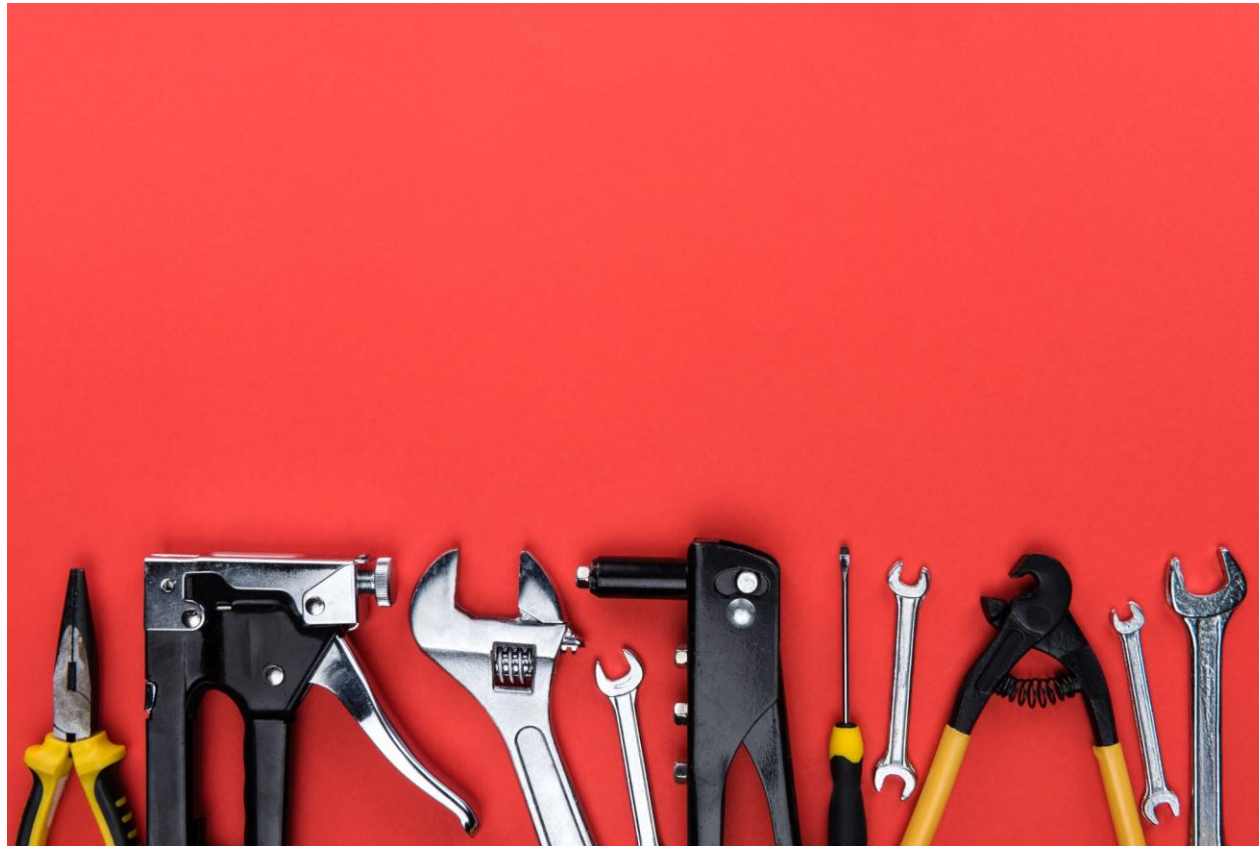
WHAT GETS IN THE WAY?

External barriers?

Internal barriers?

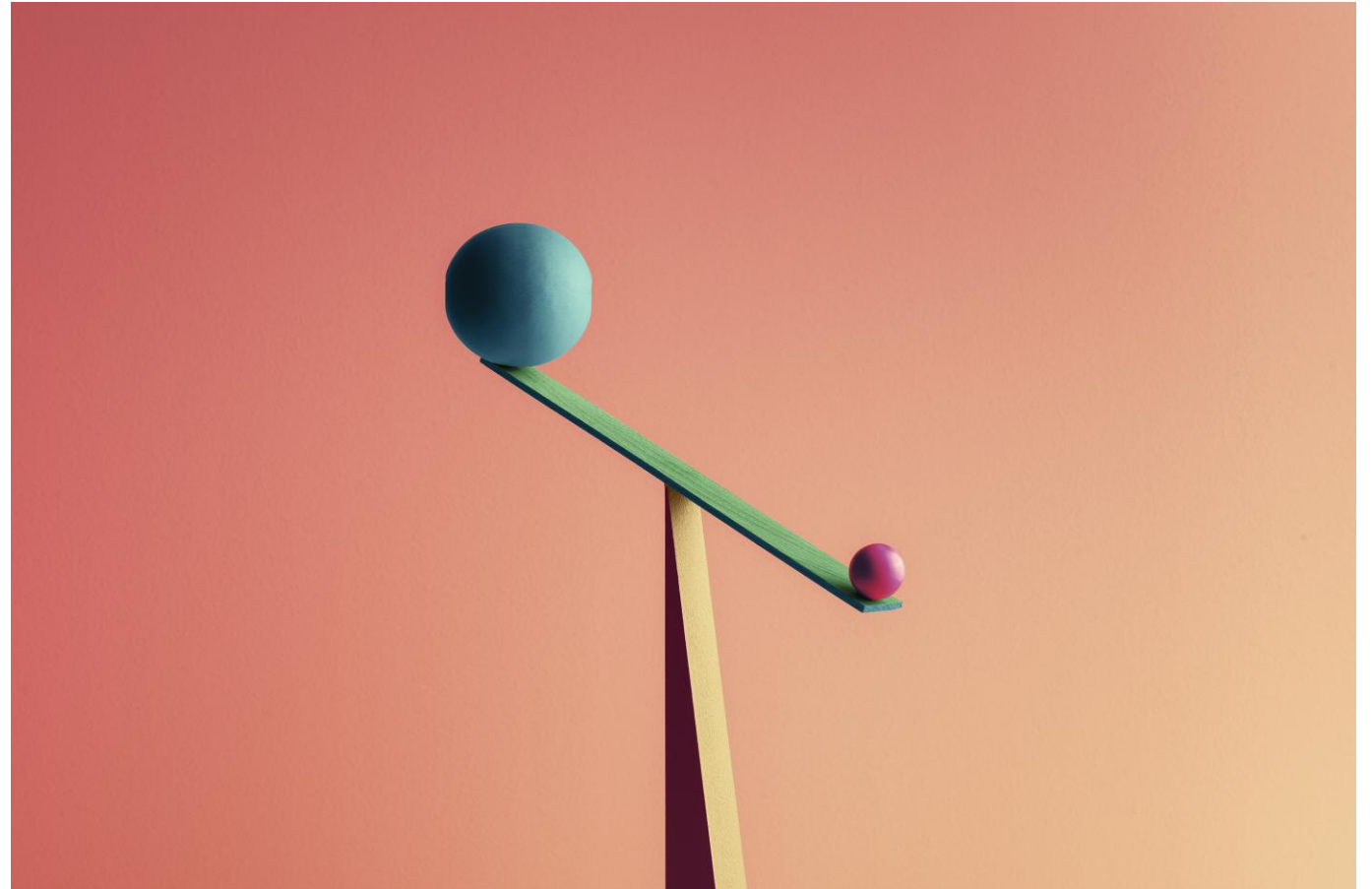


LETS GET PRACTICAL



CATCH THEM GETTING IT RIGHT

- How many positive interactions does it take to offset one negative interaction?
- Catch them getting it right
 - Build some credit
 - Amplify your acknowledgments by connecting them to character



ACTIVE & CONSTRUCTIVE RESPONDING

Active	• Builds on and explores the other persons statement
Passive	• Acknowledges, but doesn't build on others statement
Constructive	• Positive and reinforcing
Destructive	• Negative or dismissing

	Constructive	Destructive
Active	Authentic interest, elaborates the experience; person feels validated and understood	Squashing the event, brings conversation to a halt; person feels ashamed, embarrassed, guilty, or angry
Passive	Quiet, understated support; conversation fizzles out; person feels unimportant, misunderstood, embarrassed, or guilty	Ignoring the event; conversation never starts; person feels confused, guilty, or disappointed

POP QUIZ!

<p>A: I got chosen to go to Aus next week!</p> <p>B: Oh yeah? that's good.</p> <p>A: Yeah, I'm really excited about it.</p> <p>B: Hey, I've got to go, the shops are about to close.</p> <p>I'll see you later...</p> <p>A: OK, see ya.</p>	<p>A: I got chosen to go to Aus next week!</p> <p>B: Great! when did you find out?</p> <p>A: Just now, my boss just told me.</p> <p>B: What are you most excited about?</p> <p>A: Man, I'm going to sleep, relax, chill and eat!</p> <p>B: Congrats, you deserve it!</p>
<p>A: I got chosen to go to Aus next week!</p> <p>B: Really? I've been working harder than you! I should have gotten one of those months ago. What's up with that?</p> <p>A: I don't know... sorry...</p> <p>B: Whatever, have fun.</p> <p>A: Yeah, I'll try... thanks</p>	<p>A: I got chosen to go to Aus next week!</p> <p>B: Excuse me, can you please hand me the paper on the printer?</p> <p>A: Sure... here. Yeah, I'm really excited about it.</p> <p>B: About what? Man, I'm sick of all this dust.</p> <p>A: Never mind.</p>

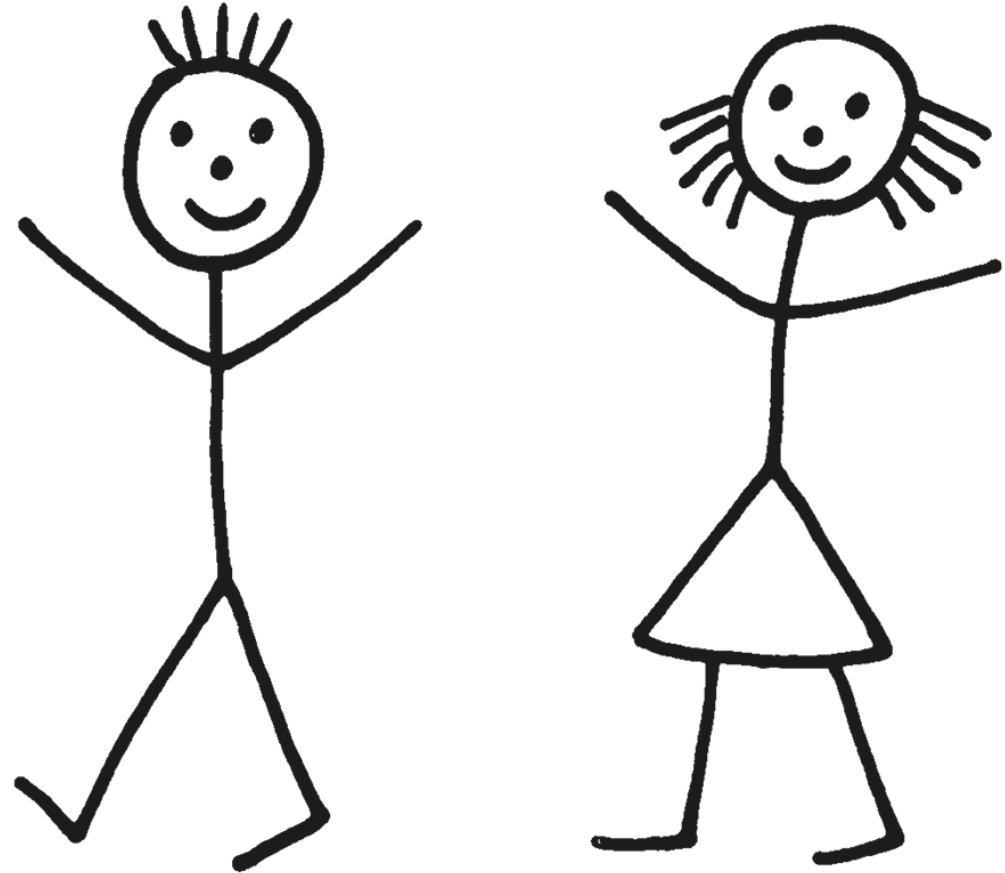
FIND DIFFERENT WAYS CONNECT

- Get to know people just a little better
 - Gottman questions
 - “The Science of Trust” by John Gottman

How would you like your life to be different three years from now?	What qualities do you value most highly in friends right now?
Before making a telephone call, do you ever rehearse what you are going to say? Why?	Have any of your life goals recently changed?
Do you see your work changing in the future? How?	If you could live in another time in history, when would you choose and why?
What is your opinion of your physical home? Would you make changes if you could?	Is there something that you've dreamed of doing for a long time? Why haven't you done it?
How do you think your life would be different if you lived 100 years ago?	If you could choose a different career or vocation, what would it be, and why?
What is similar about yourself as a mother/father and your own mother/father? How are you the same? How are you different?	Tell the other person what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
What kind of person do you think your child(ren) will become? Any fears? Hopes?	What is the one thing you would most like to change about your personality? Why?
When it comes to the future, what do you worry about the most?	Who do you consider your best friends or allies? Has that list changed recently?
For what in your life do you feel most grateful?	Do you think you've changed in the last year? How so?
If you could redo a five-year period of your life, which would you choose?	If you could design the perfect home, what would it be like?
If you could change one thing in your past, what would it be?	If you could live another person's life, whose would you choose?
If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?	What were the best and worst things that happened to you when you were a teen?
If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?	What are your goals for your family? What goals do you have just for yourself right now?
What is the most exciting thing happening in your life right now?	If you could change one thing about yourself, what would it be?
If you could instantly possess three skills, what would they be?	What have been the highlights and low points of the last year for you?

INPUTS & OUTPUTS

- Invest in connection



IT'S NOT *THAT* YOU FIGHT, IT'S *HOW* YOU FIGHT...

The Four Horsemen

- Criticism
 - ▣ Making complaints personal
- Defensiveness
 - ▣ "I see your criticism and raise you..."
- Contempt
 - ▣ Complaining with a sneer or eye-roll
- Stonewalling
 - ▣ "I don't care enough to sort this out"

The Four Helpers

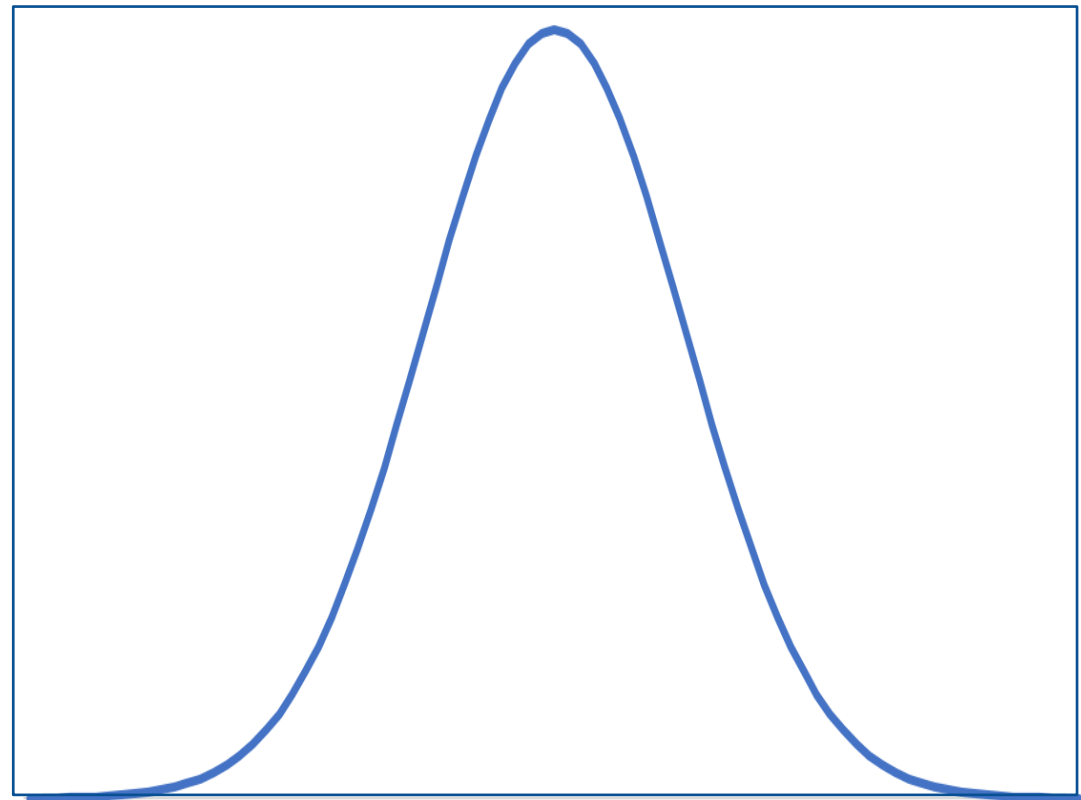
- Complain without blame
 - ▣ Focus on the behaviour
- Take responsibility
 - ▣ Acknowledge and validate
- Build a culture of appreciation
 - ▣ Don't forget to say thanks!
- Do physiological self-soothing
 - ▣ Calm down, then come back to it

CONNECT, THEN
PROBLEM-SOLVE

You shouldn't
feel that way

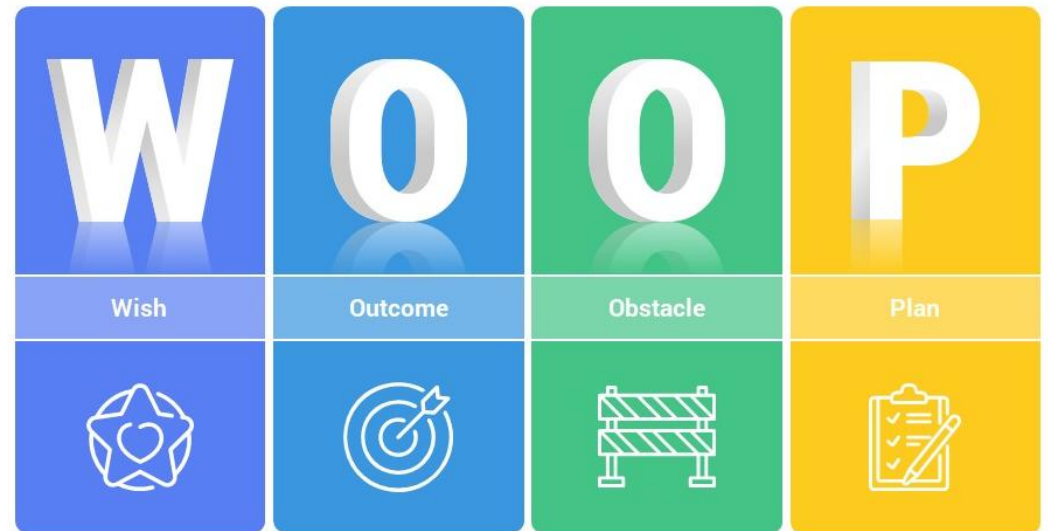
Vs
Who wouldn't
feel that way

Emotions are designed to
felt, expressed and heard



THE NEXT TIME I WANT TO ACT ON MY VALUES IS...

- Wish
 - When I It's important that I act on my values... For the next week, when I..., I will...
- Outcome
 - If I am able to take a few small values based actions, it will make my life a little better because...
 - And I will feel...
- Obstacles
 - What will make it hard for me to do this...
- Plan
 - What will I do when the obstacles show up?

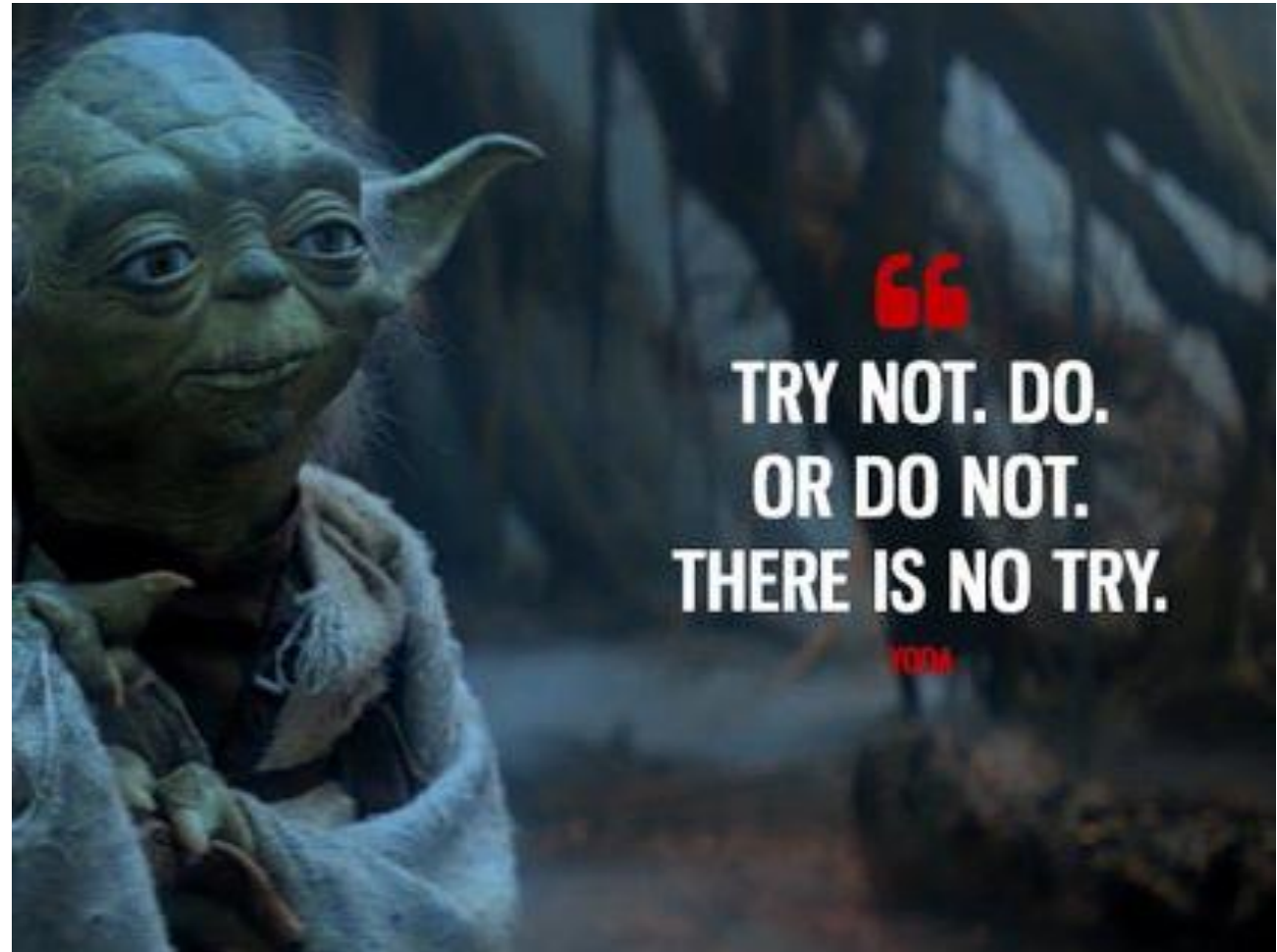


SUMMARY



RESOURCES*

- Mindfulness and Acceptance for Anxiety
- Can't Stop Thinking
- The Reality Slap
- The Subtle Art of Not Giving a F@ck



*Whakapūpūtia mai ō mānuka, kia kore ai
e whati*

Cluster the branches of the mānuka so that they will not break





QUESTIONS?