

The Impact of Gratitude on Resilience

Dr. Marcus Warner

Low on air?



Joy is the air
that lets us
BOUNCE.



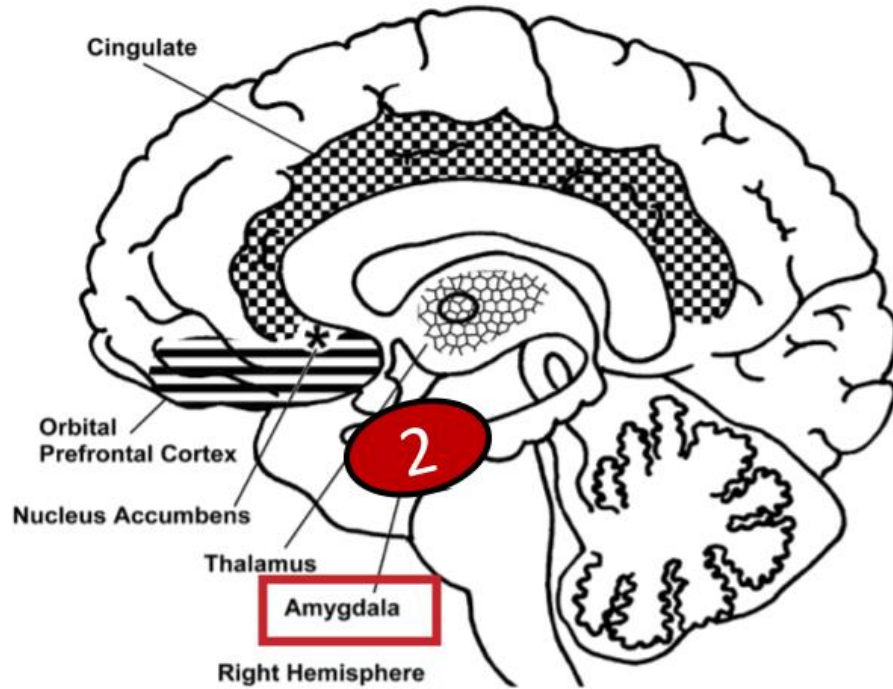
**The joy of the
LORD is my
strength.
Nehemiah 8:10**



Shame
Anger
Disgust
Sadness
Fear
Despair



The Big Six Negative Emotions



Anger (Fight) Fear (Flight)

SCARY

BAD

Shame

Disgust

Sadness

Despair

GOOD

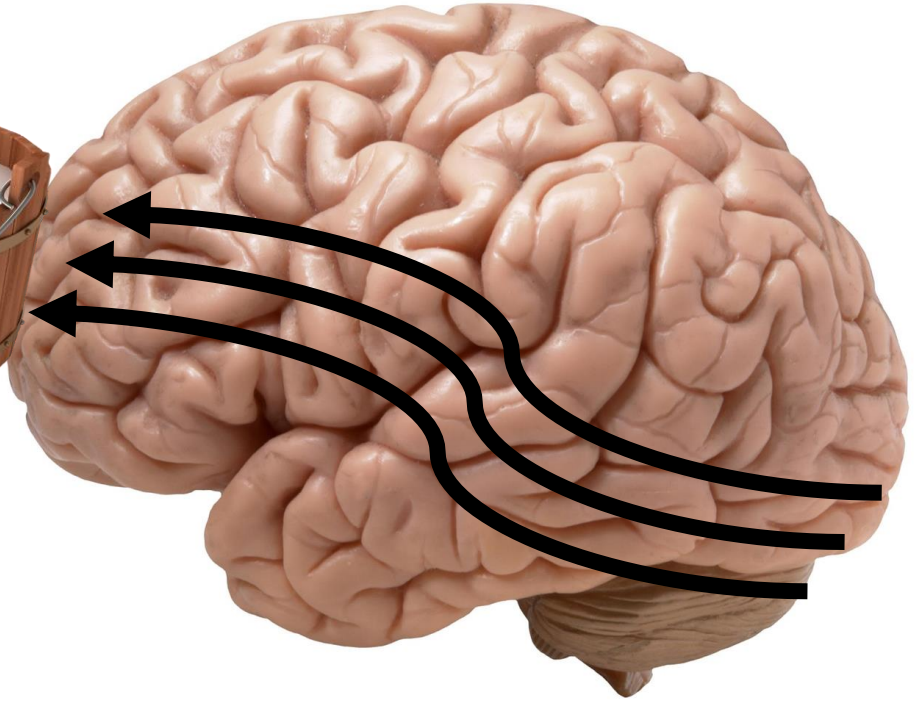
Joy
Bucket



Joy
Bucket



Joy
Pathways



Appreciation



Gratitude
Joy in the
Present

Appreciation



Gratitude
Anticipation
**Joy in the
future**

Appreciation



Gratitude
Anticipation
Memories
Joy in the
Past

Appreciation



Gratitude
Anticipation
Memories
Experiences
Creating joy
opportunities



Appreciation

Gratitude
Anticipation
Memories
Experiences
Singing



Individual

I can practice gratitude when I am by myself.



With One Other Person

Sharing joy with one other person grows joy and builds intimacy.



BUILDING BOUNCE[®]

how to grow emotional resilience

MARCUS WARNER | STEFANIE HINMAN



Trivia

1. How long does a brain need to be in a state of appreciation to impact body chemistry?
 - a. 1 minute
 - b. 5 minutes (correct)**
 - c. 10 minutes
 - d. None of the above

Trivia

2. Which Tool is most helpful for Quieting from upset emotions?

- a. CAKE - Curiosity, Appreciation, Kindness, Eye-Contact
- b. RARE - Remain Relational, Act like Yourself, Return to Joy, Endure Hardship Well
- c. **BEST - Breathe, Exaggerate, Soothe, Tense/Release .**
- d. None of the above.

Trivia

3. What is the best definition of resilience?

- a. The ability to create engagement in what matters.
- b. The ability to bounce back from difficult emotions.**
- c. The capacity to never get triggered.
- d. The ability to avoid hard people and hard situations.

Poll

Which of the following is a synonym for emotional capacity

A - Window of Tolerance (correct)

B - Maturity (correct)

C - Ability to bounce back from hard emotions (correct)

D - Ability to return to joy from emotional upset (correct)

E - All of the above

Poll

Which of the following is NOT essential for developing emotional capacity.

A - Practicing appreciation five minutes at a time.

B - Yoga (correct)

C - Deep breathing.

D - Attacking Toxic Thinking

Poll

Which of the following is most closely related to maturity?

A - Knowing the Bible well

B - solving problems quickly

C - emotional regulation (correct).

D - loving animals