


A black and white photograph of a person walking a tightrope over the ocean. The person is silhouetted against the bright sky and water, with their arms raised for balance. The tightrope is stretched between two large, dark rock formations on either side. The ocean is visible in the background, and the sky is a uniform light gray.

TACTICAL COMPOSURE

for Wellbeing & Performance

APA 2020

Presenter: Greg Dean (Director, YES Psychology & Consulting)



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)

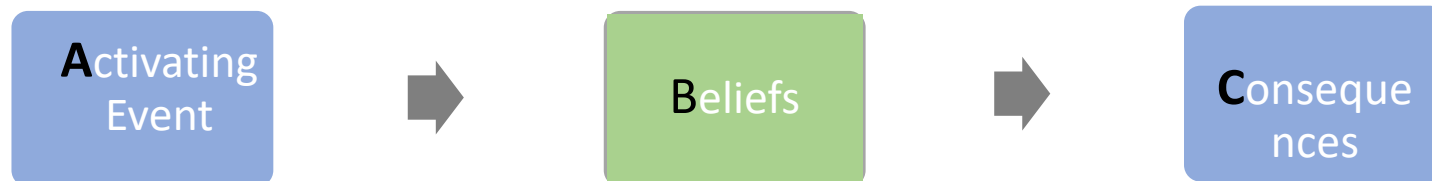
What are you noticing? (themes, patterns, questions)

Perceptions





Do Spiders Make People Scared?



“When we encounter adversity, we react by thinking about it. Our thoughts rapidly congeal into beliefs. The beliefs are the direct causes of what we feel and what we do next. They can spell the difference between dejection and giving up, on the one hand, and well-being and constructive action on the other.”

The Power of our Perspective

Your thoughts are a catalyst for **self-perpetuating cycles**.

- What you think directly influences how you feel and how you behave.
- So if you think you're a failure, you'll feel like a failure.
- Then, you'll act like a failure, which reinforces your belief that you *must be* a failure.





How it works

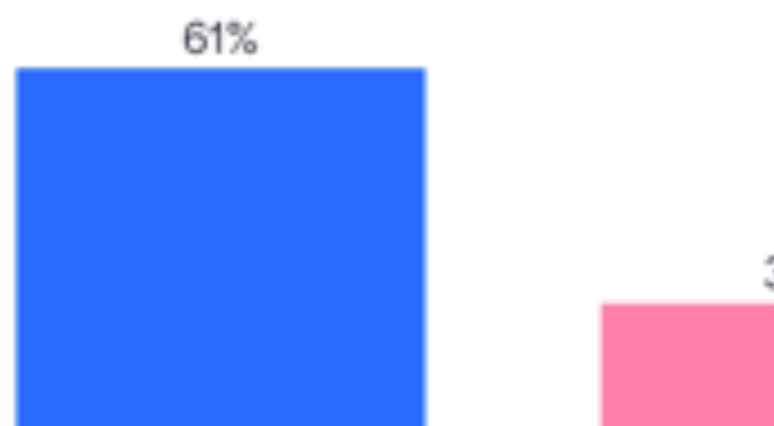
- Once you draw a conclusion about yourself, you're likely to do two things; look for evidence that reinforces your belief and discount anything that runs contrary to your belief.
- Someone who develops the belief that he's a failure, for example, will view each mistake as proof that he's not good enough. When he does succeed at something, he'll chalk it up to luck.



Optimism & Reframing

Go to www.menti.com and use the c

Would you consider yourself an Pessimist?





Exercise AUDIO



- **90-second Quick Calm Combo**



Our Goal for this Session – Cognitive Restructuring



A PROCESS OF RECOGNIZING, CHALLENGING, AND
CHANGING COGNITIVE DISTORTIONS (PATTERNS OF
FAULTY THINKING) AND NEGATIVE THOUGHT PATTERNS



REPLACING THESE THOUGHT PATTERNS WITH MORE
REALISTIC, HELPFUL ONES



10 Common Errors in Thinking

1. **All-or-nothing thinking:** If a situation fall short of perfect, you see it as a total failure.
2. **Overgeneralisation:** You see a single event as evidence it will 'always' happen or 'never' happen.
3. **Mental Filter:** You pick out a single negative detail and dwell on it, blind to the positives.
4. **Discounting the Positive:** You reject positive experiences by insisting they 'don't count'
5. **Jumping to Conclusions:**
 - a. **Mind reading:** concluding without evidence someone thinks badly of you.
 - b. **Predicting the future:** You predict that things will turn out badly and ignore possible positive futures.



10 Common Errors in Thinking

6. Magnification: You exaggerate the importance of your problems and minimise the good things

7. Emotional Reasoning: You assume that your negative feelings or emotions are the way things really are. eg “I feel bad, my life must be bad”

8. Personalisation: You hold yourself personally responsible for an event that isn’t entirely under your control.

9. Labelling: You attach a negative label to yourself to explain things eg “I am a loser”.

10. Should Statements: You tell yourself things should (must) be the way you expect them to be

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)
- Pessimists usually expect negative outcomes and are suspicious when things seem to be going well whereas optimists expect good things to happen and look for the silver lining when life doesn't go their way
- Pessimists are often better prepared for tough times and may avoid risks that more optimistic thinkers might ignore. They tend to foresee obstacles more readily since they expect things to go wrong, making them more likely to plan for difficulties
- Pessimists may be less surprised when crises occur, but optimists don't stay in negative situations for as long, as they tend to focus on finding solutions rather than ruminating about what went wrong



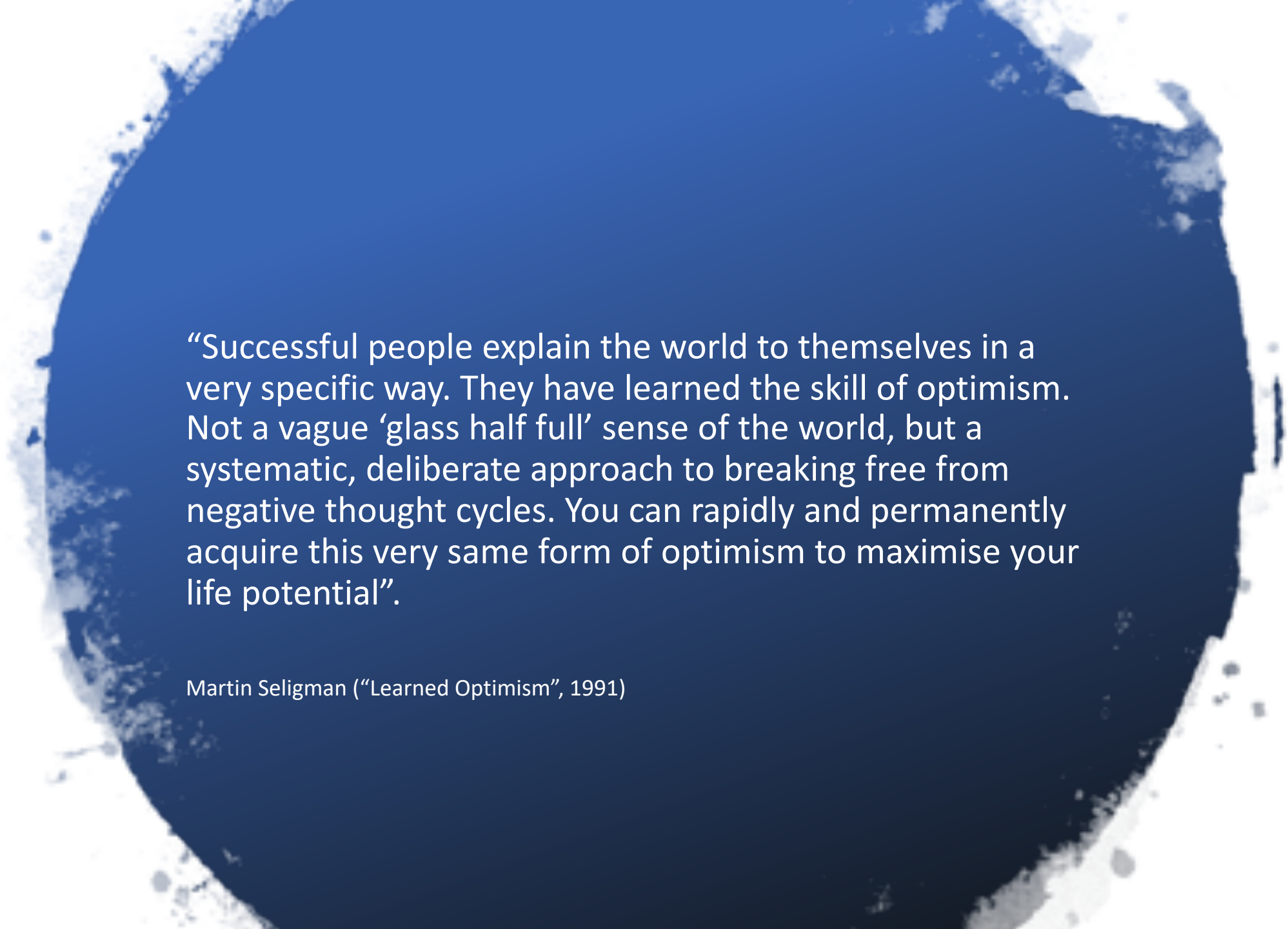
Optimists & Pessimists

- 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
- For a free test to help work out which one you are, go to:

<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





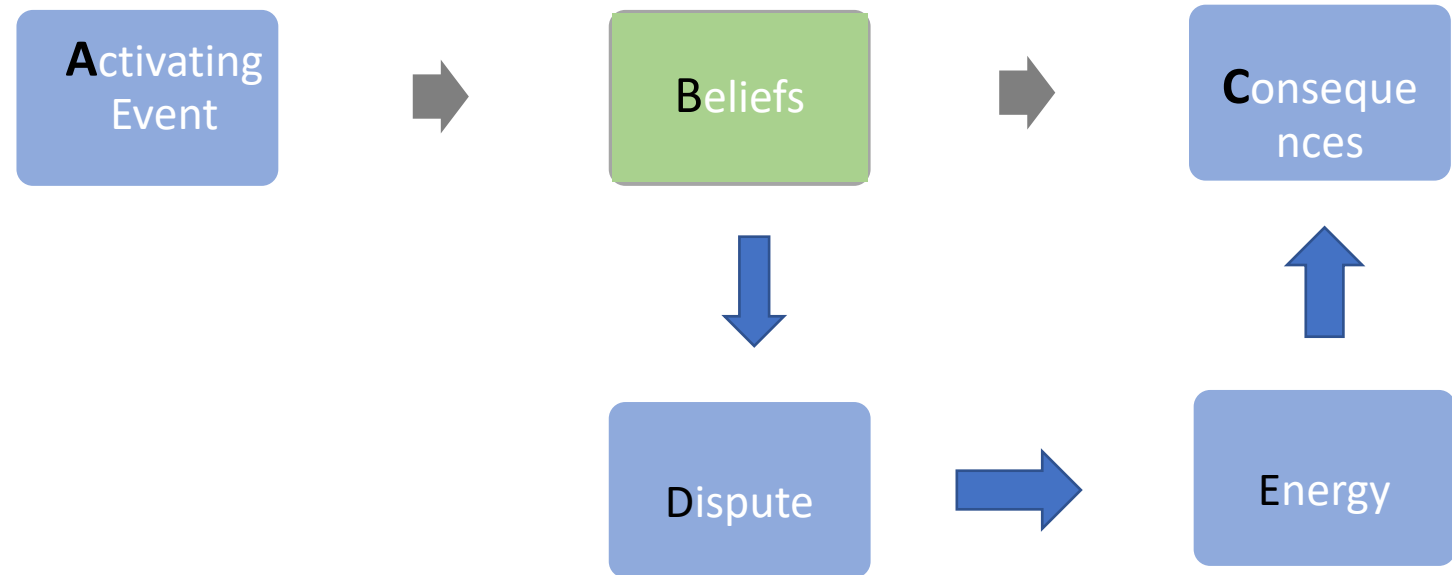
“Successful people explain the world to themselves in a very specific way. They have learned the skill of optimism. Not a vague ‘glass half full’ sense of the world, but a systematic, deliberate approach to breaking free from negative thought cycles. You can rapidly and permanently acquire this very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

Bringing Back our ABC





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?

Let's Practice

A = what is an example of an adversity you faced in the last week?

C = how did you feel. What did/didn't you do?

B = what was your belief/self talk?

D – how could you dispute this?

Powerful Grounding Thoughts


- I can choose to smile and nod and not fix things right now (I'll come back with a plan)
- I don't have to agree with this, but I can use basic empathy to defuse things and get through it.
- This is not my favourite part of the job, but it's my responsibility, so I know I will take steps.
- When in doubt, usually I can pause, ask for time to think about it – then get some advice.
- I've dealt with all sorts of things in my work and life already – I will navigate this in time too.
- If I've made a mistake, even though I have feelings of guilt and frustration, I have the capacity to choose to see this as a learning experience, to identify what to do differently, and take that action.
- A good and meaningful life on this earth will have its ups and downs, sometimes uninvited and unfair – and I can (with help) tolerate this long enough to work out the right action or until it passes.





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.




Record the
automatic
thoughts in
words....

Reframe this:


“I wish that moron would stop calling me about the missing data on the reports; If I hear that whingy voice one more time I’ll lose it. I shouldn’t have to deal with these interruptions. I bet he’ll blame me if this doesn’t work, he must think I’m being lazy!!”

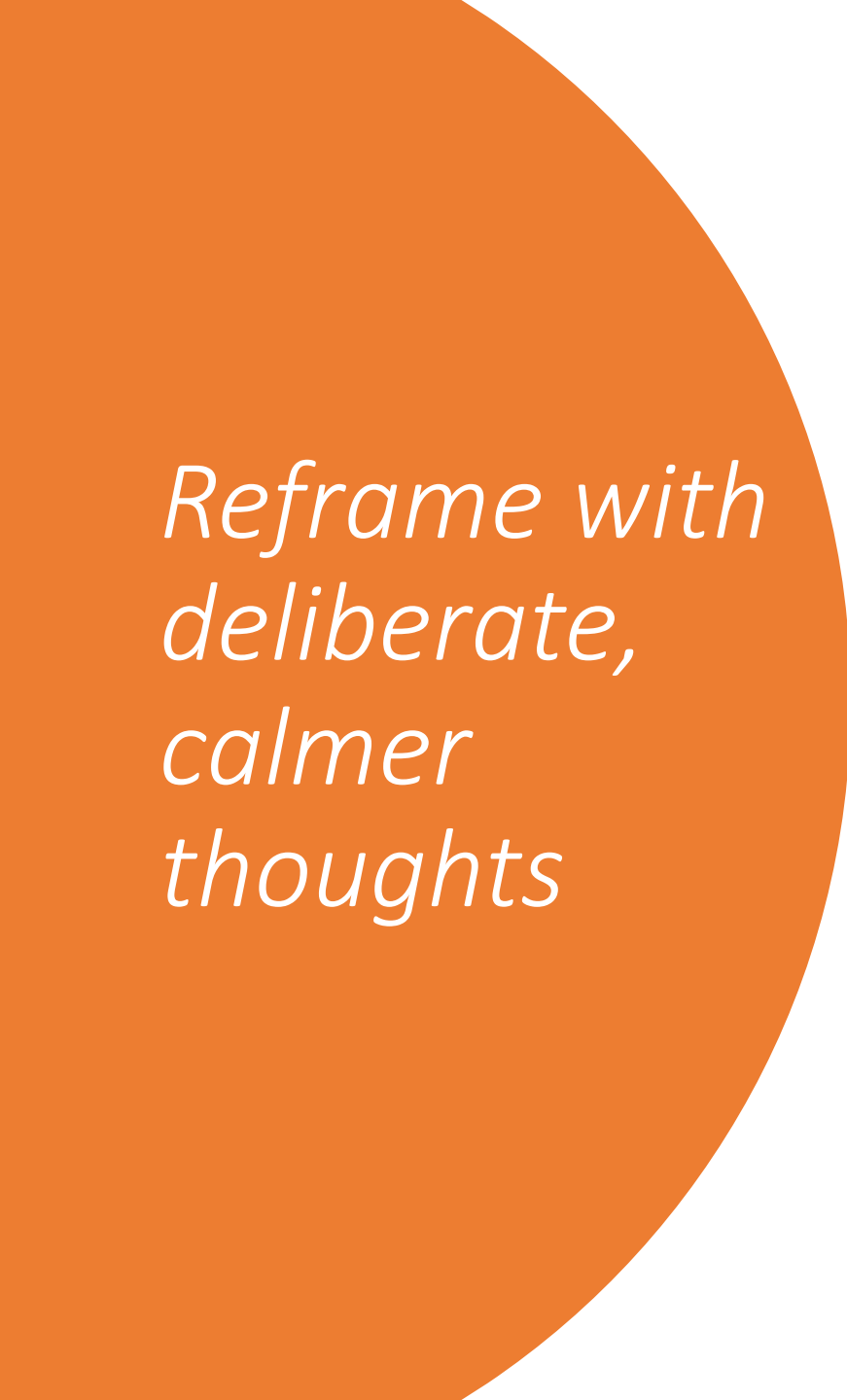


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Recognise the 'trigger words'

"I wish that **moron** would stop calling me about the **missing** data on the reports; If I hear that **whingy** voice one more time **I'll lose it**. I **shouldn't** have to deal with these **interruptions**. I bet he'll **blame** me if this doesn't work, he **must** think I'm being **lazy!!**"


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*Reframe with
deliberate,
calmer
thoughts*

The sample reframe would be:

“I know I get frustrated when Bob calls to complain about the missing data on the reports. While it’s not my priority, it is his, and it is important in the long run, and he will continue to call. Instead of focusing on blame and what other’s think, *I’ll explain where I’m up to with the report and when I’ll have it done.* I’m busy, not lazy.”





Recognising Why it's bothering me!

Sometimes, the reason why some things bother us or produce tension can be easily spotted.

1. **Expectation mismatch:** *We don't get what we want, what we needed or what we expected.*
2. **Challenging behaviours:** *It triggers a sense of being personally challenged, criticised or threatened.*
3. **Uncomfortable territory:** *By it's nature, it's disturbing or triggers negative thinking and feelings.*



Tactical Composure Exercises AUDIO



- 3-minute Quick Calm Combo
(with positive self-talk)



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

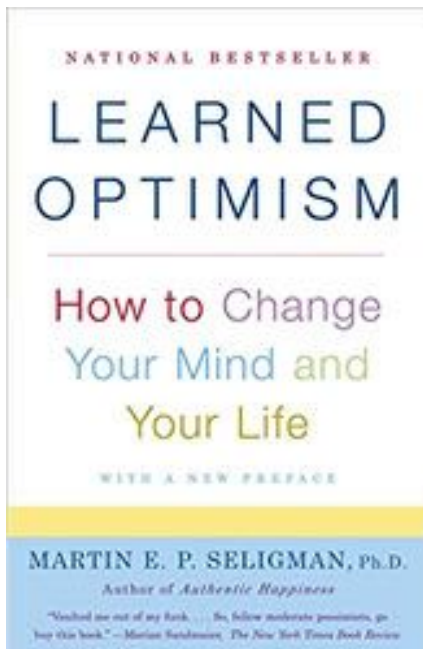
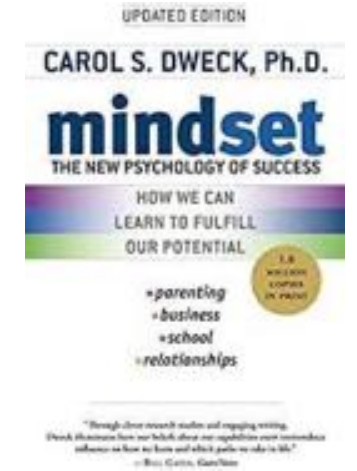
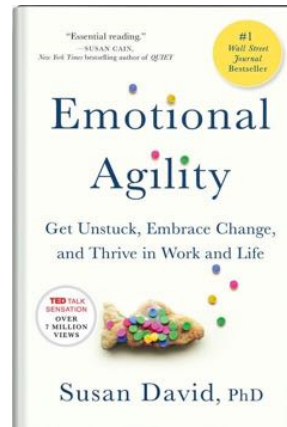
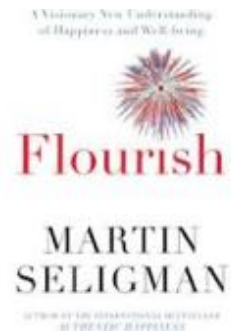
CONTACT

TRAINERS

SAMPLES

More About Tactical Composure





Additional Resources

QUESTIONS

www.yespsychology.com.au
service@yespsychology.com.au

