

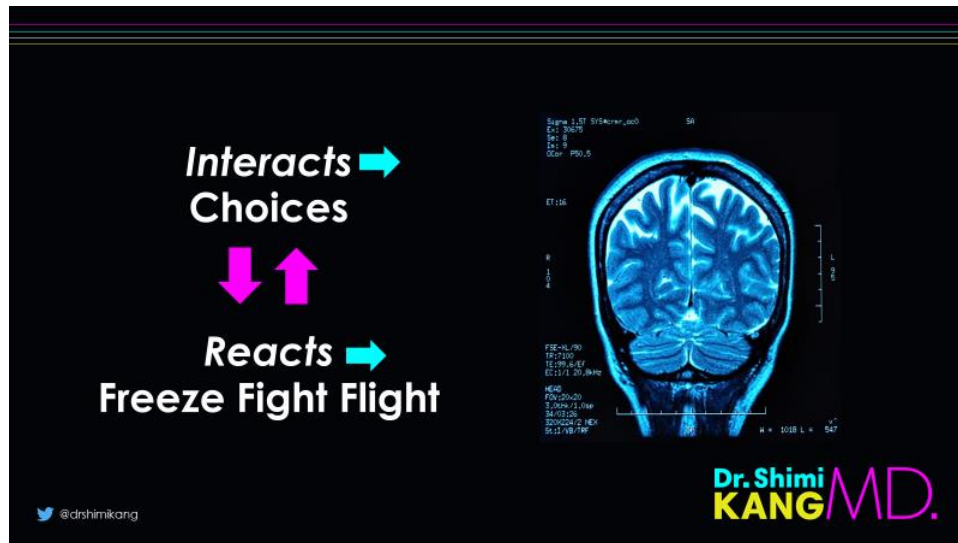
Executive Summary

Adaptability, Mental Health, and Connection
During Times of Stress *with Dr. Shimi Kang*

PART 1: MENTAL “WEALTH”

Stress moves us from interacting with our environment through conscious choices to reacting via freeze (anxiety), fight (irritability), and flight (distraction/avoidance).

- **Resource link:** [Do you have coping skills?](#)



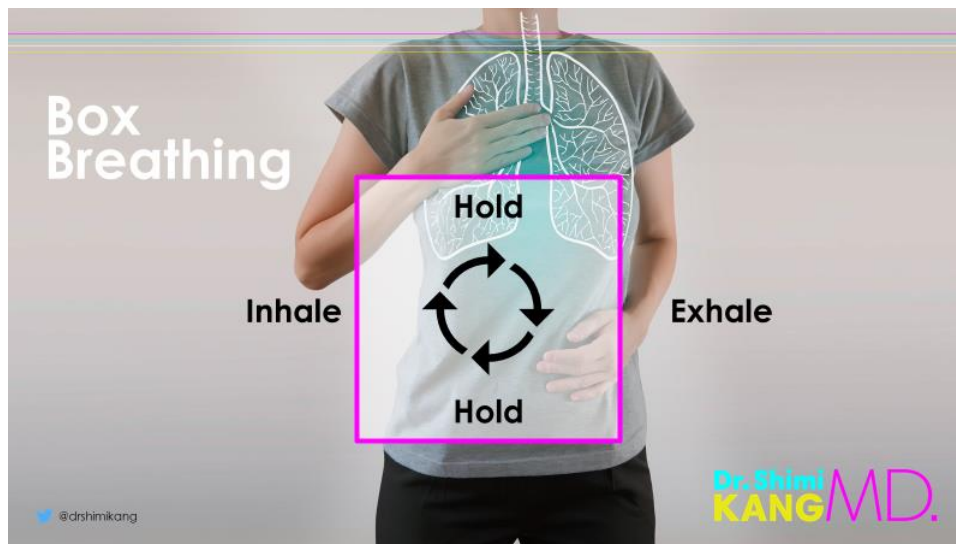
We can move our 3 brains from the stress (sympathetic) to growth (parasympathetic nervous system) through vitality training activities of play, others, and downtime.

- **Resource link:** [Did you know you have 3 brains?](#)



The box breathing technique uses breathing, mindfulness, and gratitude to move into the powerful growth response and prepares us for learning and challenge.

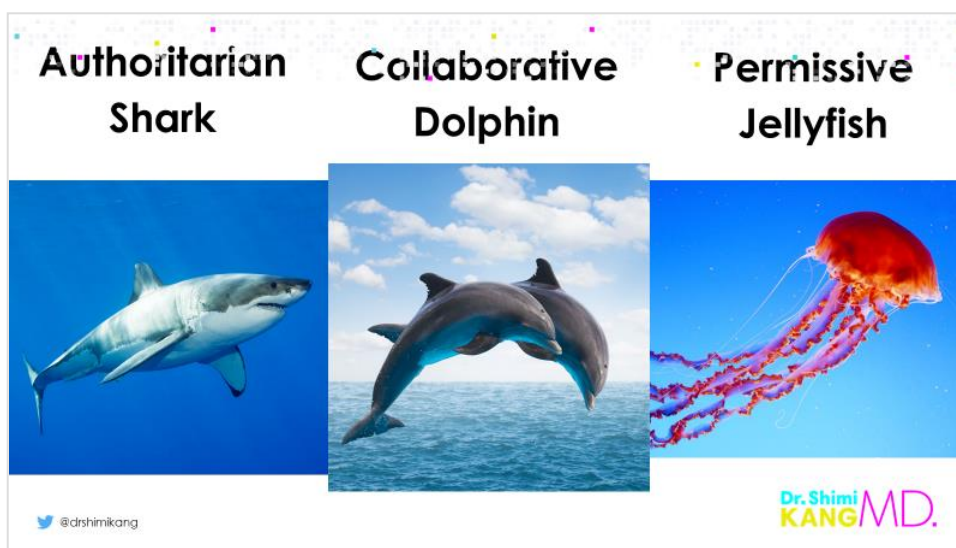
- **Resource link:** [What to do when you are stressed!](#)



PART 2: CONNECTION

The firm and flexible dolphin interpersonal model is a proven model for empowering interpersonal connection.

- **Resource link:** [Managing Relationships During Stress](#)



The KEYS to motivation include empathy, autonomy, and optimism.



The K.E.Y.S to Motivation

The K.E.Y.S are the essence of motivational communication. They complement but not intrude on the development of self-motivation. It is a four-step process focusing on a balanced state of mind, empathy, autonomy, and optimism.

Kill the shark and jellyfish. Behavior science tells us that pushing and micromanaging (shark) are counterproductive. Also, guiding is better than no direction (jellyfish). Thus, take a few deep breaths, get centered as a calm, present, Dolphin communicator.

Empathy. Empathy is a powerful tool to connect with others as it activates powerful mirror neurons and releases the trust hormone oxytocin. Put yourself in their shoes and make a statement of empathy!

Your Goals. Identify and express an understanding of the other person’s goals. We all need a reason to take a step or make a change. Defining personal reasons builds autonomy and sets up the brain to release dopamine.

Support success. Create a positive support system by expressing optimism in success! If you can add a vision of success, you will activate serotonin.

Ex: If you want to help motivate someone to go to the gym.

K – Kill Shark & Jellyfish - be a Dolphin.

E – “Aww, you look a bit tired and sounds like it’s been a long day.” (empathy)

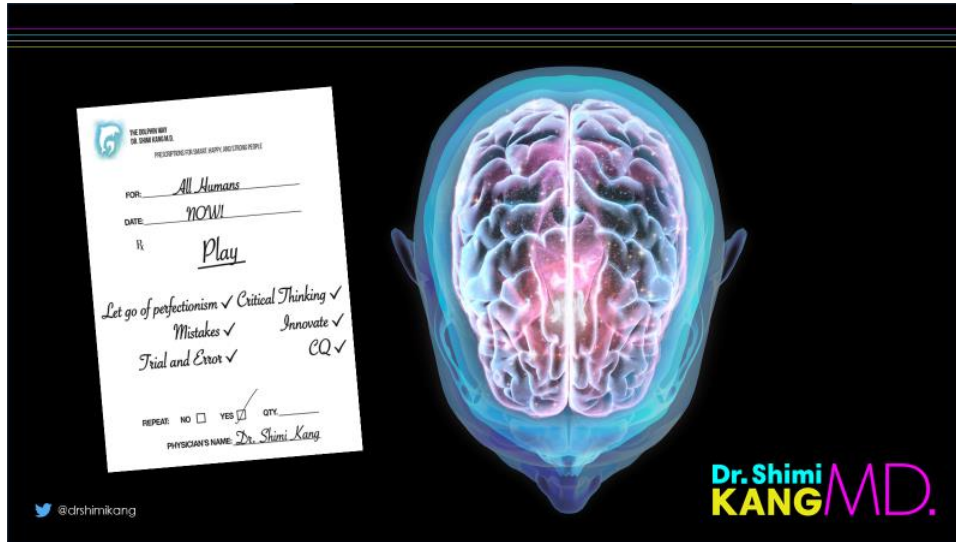
Y – “Remember, you wanted to get in better health.” (autonomy)

S – “Come on, I know once you are there, you always feel great!” (optimism)

PART 3: ADAPTABILITY

The power of “play” is the key to adapting to an ever-changing world.

- **Resource links:** [Two Ingredients for Success](#)



Adaptability can be nurtured.

- **Resource links:** [The Power of Play](#), [The Science of Play Types](#)
- [How Visualization Works](#)





About the Speaker

An award-winning medical doctor, researcher, and expert on the neuroscience of innovation, leadership, and motivation, [Dr. Shimi Kang](#) provides science-based solutions for health, happiness, and achievement in the workplace, classroom, and at home. With 20 years of clinical experience and extensive research in the science that lies behind optimizing human intelligence, Dr. Kang provides practical tools to cultivate the key 21st century skills of resilience, connection, creativity, and more.

She is the author of the #1 bestseller [The Dolphin Parent](#) and [The Tech Solution](#), which are available now. She is also the founder of [Dolphin Kids: Future-Ready Leaders](#), CEO of [Spark Mindset App](#), and host of the YouTube show, [Mental Wealth with Dr. Shimi Kang](#).

