



GU ONCOLOGY TEAMING JOURNEY

EMOTIONAL RESILIENCE

FOLLOW UP


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The **TRUTH**

- We live in a culture that pretends to be immune to stress.
- It is extremely difficult to pause, not only because of the external demands but because of our own.
- But there's power in pausing—and choosing differently.
- Viktor Frankl once said, "Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude."

We're not here to escape the pressure—we're here to build the capacity to hold it differently.

Ground **ZERO**

- Back-to-back meetings. The constant notifications. The fear that if we stop, we'll fall behind. Dealing with expectations, our own and the ones of others.
- **The question is: how do you feel?**
- **The high-pressure environment is not going to change, but you can.** To do so, you must begin with acknowledging where we are.



“ YOUR MOST COMPETITIVE ADVANTAGE IS
BEING YOURSELF



The Shift: **FROM SURVIVING TO CHOOSING**

- It is a decision.
- Any other decision is more expensive.
- We are talking about EMOTIONAL RESILIENCE.
- It is based on habits we can create.



Emotional **RESILIENCE**

- It's not about avoiding stress—it's about handling it wisely.
- Inner strength = clarity + calm under pressure.
- Not Endurance it is intelligence.
- It is about how we respond to circumstances.

EMOTIONAL RESILIENCE IS A SKILL.

THE MORE WE DO IT THE BETTER WE GET AT IT.

The four **ANCHORS**

- Resilience is built, not born.
- These four anchors ground us in chaos.
- They help us stay connected to what matters.
- Simple ideas, that when turned into action make a huge difference.



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The four **ANCHORS**

1 SELF KNOWLEDGE & SELF AWARENESS

- It begins by recognizing where you are, simply the question is: **how do you feel?** The body never lies.
- It continues by understanding that small change is possible.
- And it ends by applying what you know.
- If you are thinking of the long run, there is no other option.



The four **ANCHORS**

2 EQUANIMITY

- Stillness creates clarity.
- Is everything urgent always?
- Respond > React.
- If it is important, don't you think it deserves time to be thought of?





The four **ANCHORS**

3 FLEXIBILITY

- The plan is one thing, what happens is usually another, ADAPT.
- Let go of what does not work any more.
- It is not about being right, it is about reaching the goal.
- Accept that action is not always the best answer, it is balance.



The four **ANCHORS**

4 CONNECTION

- You don't have to do this alone.
- Isolation drains resilience—connection restores it.
- Give others what you crave.
- Create space for humanity.



The **PRACTICE**

- 2-min breath reset (Every 90 minutes)
- 2-min body movement (Every 45 minutes)
- 2-min “high five” moment.
- 3-min “What can I control?”
- 5-min journaling
- 1-min gratitude pause (at the beginning and the end of the day)



The **BOOKS**

- Martha Beck: The Way of Integrity and Finding your North Star.
- Ryan Holiday: The Obstacle is the Way & Discipline is Calling.
- Mel Robbins: The Let Them Theory
- Robert Green: Mastery.
- The Tibetan Book of Life and Death.





THANK YOU!



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