



GU ONCOLOGY TEAMING JOURNEY

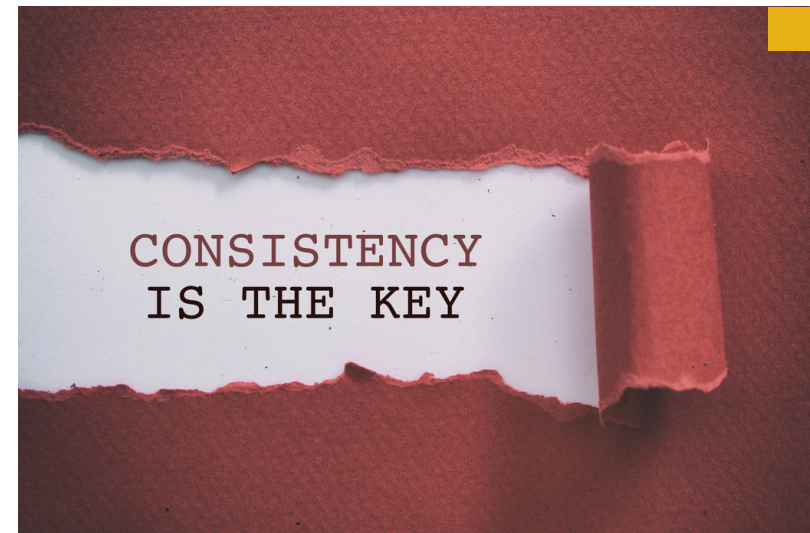
EMOTIONAL
RESILIENCE
PRACTICES


BY PEDRO MISLE

The **PRACTICES**

In the following pages you will find several recommended practices that will help you navigate with more ease challenges and stress.

- All practices are easy to do, require less than 5 minutes and can be done anywhere any time.
- You do not have to do them all. Begin with the ones that are more natural to you.
- You do not have to do them all everyday, it is a menu of options.
- You can repeat during the day as often as you feel like it.



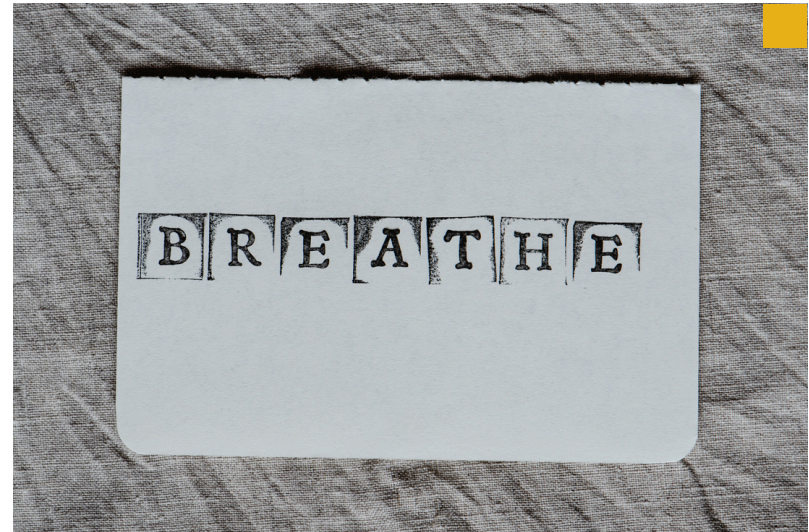
Vagus Nerve focus to promote **RELAXATION**

- A healthy vagal tone can be thought of as an optimal balance of parasympathetic and sympathetic nervous system actions that allow you to respond with resilience to the ups and downs of life.
- Working with our breath our bodies can become more adept at switching between the sympathetic and parasympathetic modes with greater ease.



Working with **BREATH RATIOS**

- When we work with ratios we work on extending the length of four parts of the breath:
- **INHALE • HOLD AFTER INHALE • EXHALE • HOLD AFTER EXHALE**
- As well as changing their relationship with one another for the purpose of sympathetic/parasympathetic management.
- The longer you make the exhalation part of the breath in relation to the inhalation part (comfortably), the more pronounced the parasympathetic effect will be.



3-min BREATH RESET



1 DEEPEN THE BREATH

2 LENGTHEN THE INHALATION OR THE EXHALATION PART OF THE BREATH, DEPENDING ON YOUR INTENTION



to help wake up
in the morning



to overcome
the afternoon slump



after a stressful
commute



after seating
for too long



before an important
meeting (if anxious)



to unwind
before bed



2-min movement break

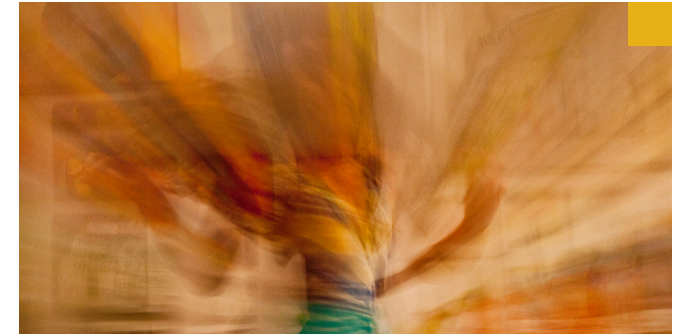
SHAKING THE BODY

Why Shaking Helps (Quick Benefits):

Releases tension: Loosens tight muscles from stress.

Calms the nervous system: Shifts you from fight-or-flight to relaxed.

Boosts focus & emotional ease: Clears mental fog and helps you feel more grounded.



How to Shake (Step-by-Step):

- Stand or sit comfortably.
- Feet hip-width apart, knees soft.
- Start gently shaking.
- Bounce your knees slightly and let your arms dangle and jiggle.
- Let it spread.
- Let the shaking move up through your hips, chest, shoulders—even your jaw if it feels good.
- Follow your body.
- There's no right way. Move naturally. Sigh, hum, or laugh if it happens.
- Slow down.
- After 1–3 minutes, let the movement fade.
- Pause and breathe.
- Notice how your body feels.

High 5 **MOMENT**

This is a practice from Mel Robbins's book *The High 5 Habit*. It is an exercise to work on our capacity to celebrate the small wins and create a space of personal recognition, respect, and worth.

Every morning, when you look at yourself in the mirror, give yourself a High-5!

It is an important exercise because many internal and external forces always drive our attention toward what is missing, what is yet to be done, and what we have not done right. We must counterbalance these forces with the opposite, a moment of seeing what has gone right.



3-min **PAUSE**

Whenever you are facing a challenge or feel overwhelmed pause for 3 minutes, observe the situation, and focus ONLY on what you can control. Forget all the rest.

In the words of Seneca, we suffer 99% in our imagination and 1% in reality.

If we are honest, there is not much we can control besides ourselves; this applies to our professional and personal lives.

IMPORTANT: one of the things that generates high levels of stress is that we pretend to control what others feel or think about our work and us.



5 minute **JOURNALING**

Set a timer for 5 minutes and let it all out.

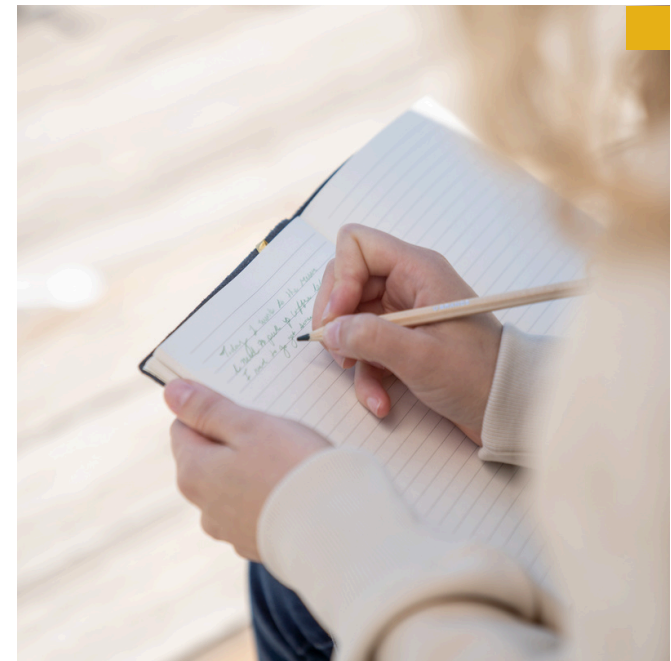
**The goal of this exercise is simple:
express how you feel.**

You can do it:

- In the morning, to set your intentions for the day.
- At night, to reflect on how the day unfolded.
- To process a specific event and how it impacted you.

It doesn't need to be structured or polished—just honest.

What's really interesting? Go back after a week and read what you wrote. You might be surprised by the patterns, growth, or insights that emerge.



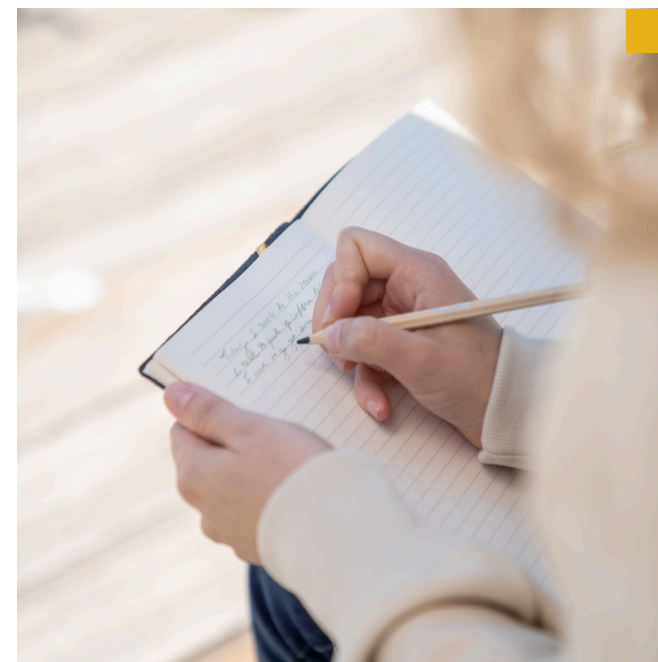
1-min **GRATITUDE PAUSE**

Benefits of Gratitude Journaling:

- Boosts mood and happiness.
- Reduces stress by focusing on the positive.
- Improves relationships by appreciating others.
- Enhances sleep by calming the mind.

How to Do Gratitude Journaling (Step-by-Step):

- Pick a time each day (morning or night).
- Write down 3 things you're grateful for (big or small).
- Be specific (e.g., "Grateful for the hug from my friend").
- Reflect on why each is meaningful.
- Do it daily for a week to see the impact.



Other ways to promote **RELAXATION**

Try these techniques for 3–11 minutes a day and notice what works better for you to deal with stress.



01 Singing, humming, mantra chanting, and upbeat energetic singing all increase heart rate variability (HRV) in slightly different ways.

HOW TO DO IT? Choose your favorite song, or choose a music or mantra that feels relaxing and incorporate it as part of your daily activities. Try humming the lyrics and notice how it feels.

02 Meditation with focus on cultivating feelings of goodwill, kindness and compassion – Universal Love. *Research on individuals who practice a lovingkindness meditation revealed increased vagal tone, greater autonomic flexibility, an increased sense of social connectedness, and more positive emotions.*

HOW TO DO IT? Set a timer for 3–5min., close your eyes and focus your attention on something or someone that connects you with love and kindness, breathe naturally and kindly redirect your mind as much as needed if you notice other thoughts.

Other ways to promote **RELAXATION**



03 Cold showers. Any acute cold exposure will increase Vagus Nerve stimulation. Studies have shown that when your body adjusts to cold, your fight or flight (sympathetic) system declines, and your rest and digest (parasympathetic) system increases, which is mediated by the Vagus Nerve. Other options are to dip your face in cold water or expose yourself to cold.

04 Half Smile. Since the Vagus Nerve extends into the muscles of the face, you can increase vagal tone by relaxing the muscles of your face and then slightly turning up your lips.

- As you smile, imagine your jaw softening and a relaxed feeling spreading across your face, your entire head, and down your shoulders.

05 Other things you can try to promote relaxation:

- LAUGHTER
- SELF-MASSAGE
- CHEWING YOUR FOOD WELL
- EATING IN A RELAXED STATE

7 meditations of 7 minutes to **CULTIVATE STILLNESS**

As a bonus, I kindly invite you to join this series of 7 guided meditations to cultivate stillness:

FREE ACCESS



Recomended **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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