

What We Can Learn About Resilience from Spencer, the Rescue Dog



Pulse check: Stress



0 1 2 3 4 5 6 7 8 9 10



The Holmes-Rahe Life Stress Inventory The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

LIFE EVENT	MEAN VALUE
1. Death of spouse	100
2. Divorce	73
3. Marital Separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
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7. Marriage	50
8. Being fired at work	47
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10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
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37. Taking on a loan (car, tv, freezer, etc.)	17
38. Major change in sleeping habits (a lot more or a lot less than usual)	16
39. Major change in number of family get-togethers (**)	15
40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	11

Now, add up all the points you have to find your score

TOTAL

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.
150 to 300 pts implies about a 50% chance of a major health breakdown in the next 2 years.
300pts or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.

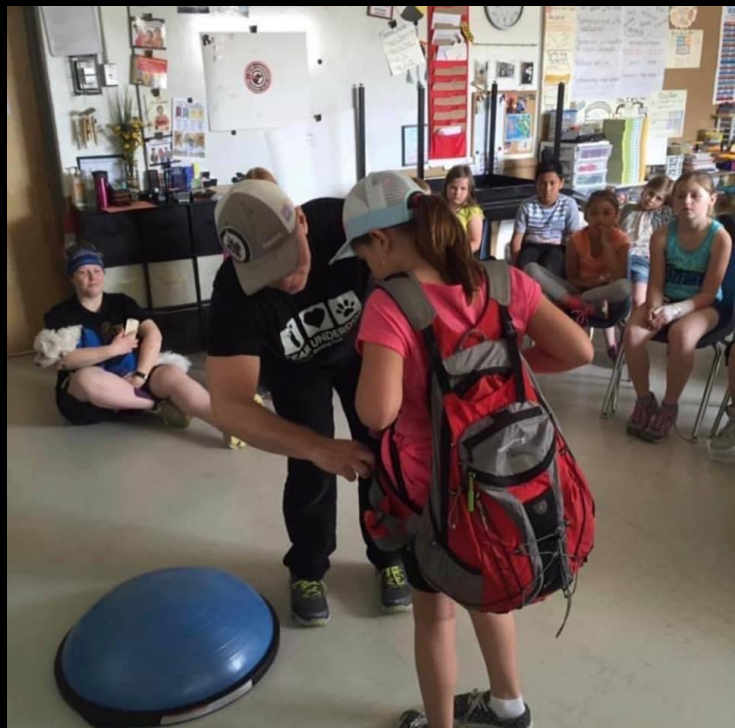
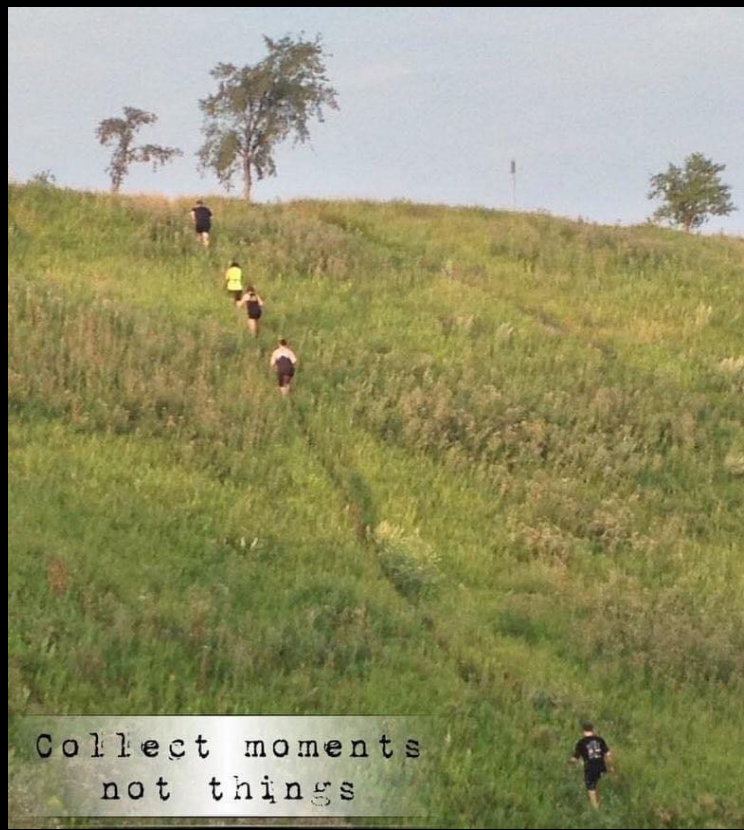


150 points or less | a relatively low amount of life change and a low susceptibility to stress-induced health breakdown

150 to 300 points | 50% chance of health breakdown in the next 2 years

300 points or more | 80% chance of health breakdown in the next 2 years, according to the Holmes-Rahe statistical prediction model





#irun4rescue



RUN 100 KM
Donate 1K lbs
of dry dog food



 **Dr. Keri: Prairie Vet**
January 11, 2018 ·  

'No nut is a good nut,' according to Dr. Keri and her team. In Episode 5, they're on the road to Ebb and Flow First Nation for a marathon spay-and-neuter clinic.

Follow Dr. Keri this Sunday at 8pm CT/9pm ET on Animal Planet!







THANK YOU
JO & LLOYD

50 LBS

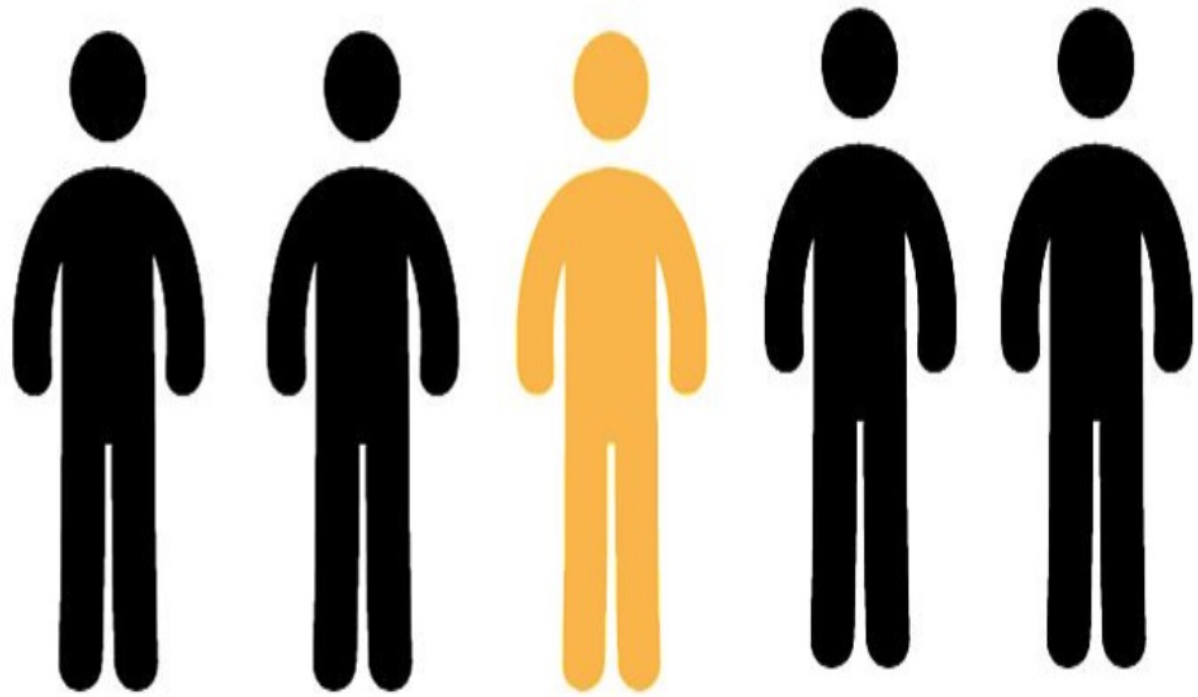


IRON4RESCUE
FEED A RESCUE



www.shadowmission.com shadowmission@gmail.com





The effect you have
on others is the most
valuable currency
there is.

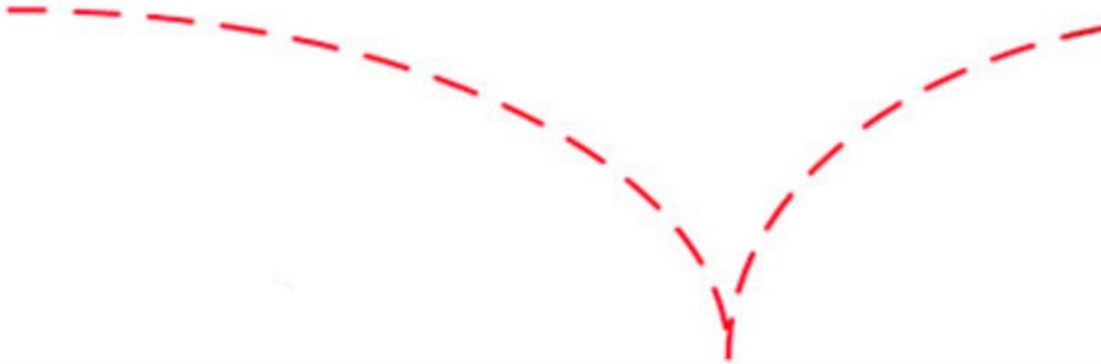
Jim Carrey



One of the main ways that friendships can impact mental health is through social support. Having a strong network of friends can provide a sense of belonging and connection, which can be especially important when we are struggling with mental health issues.



RESILIENCE



**“ TO ME, RESILIENCE SIMPLY MEANS
TO BOUNCE BACK HIGHER AND
STRONGER AFTER EACH SETBACK;
IT BECOMES A CHARACTER STRENGTH
WHEN WE FORM THE HABIT
OF BOUNCING BACK. ”**

Paul TP Wong





Resilience
is the ability
to bounce back.

A silhouette of a tree bending in the wind against a cloudy sky at sunset or sunrise. The tree is on the right side of the frame, leaning towards the left. The sky is filled with dramatic, layered clouds, with a bright light source behind them, creating a golden glow. The foreground is dark, showing the silhouette of grass.

Do You Bend or Break?

RESILIENCE

How Resilient are you?



Spencer



(1) SPENCER'S TIPS

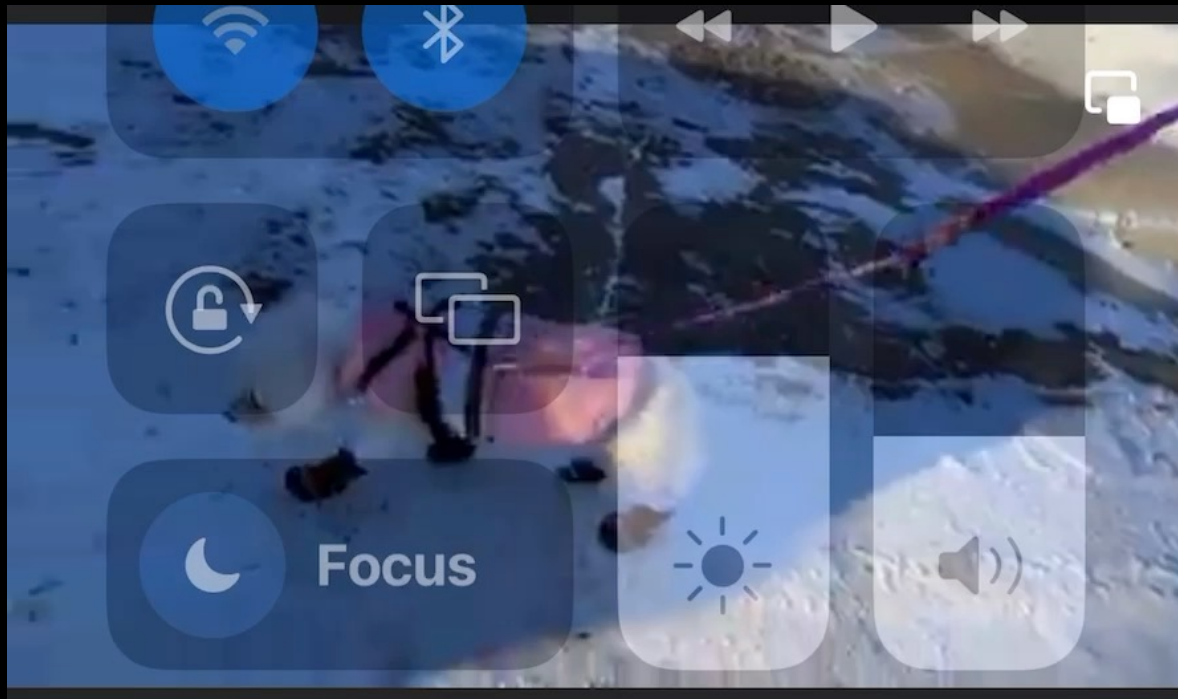
ONE STEP AT A TIME



ACTION BE POSITIVE | BABY STEPS | BE KIND | COMPASSION | REWARD









ACTION BE POSITIVE | BABY STEPS | BE KIND | COMPASSION | REWARD



ACTION BE POSITIVE | BABY STEPS | BE KIND | COMPASSION | REWARD







Never give up!



When there is a will, there is a way!



Resilience

REAL LIFE

YOUR
COMFORT → ○
ZONE

(1) SPENCER'S TIPS

ONE STEP AT A TIME



ACTION BE POSITIVE | BABY STEPS | BE KIND | COMPASSION | REWARD



(2) SPENCER'S TIP

ONE MOMENT AT A TIME



ACTION BE POSITIVE | STAY PRESENT | MEDITATE | BREATH | SMILE





60,000

THE AVERAGE NUMBER OF
THOUGHTS PER DAY

95%

OF THOSE THOUGHTS ARE
COPY-PASTED FROM THE
DAY BEFORE

80%

OF THOSE THOUGHTS ARE
NEGATIVE



This is why the dog is happier

Snickers





Renée Morin ► Al Garlinski



March 26, 2012 at 5:25 PM · 🧑🏻

Cindy....Baxter will chase away your blues! Look, at him! He is a Bichon. Cheryl Gunn is fostering him right now. You could meet him right away and see what JB thinks of him. Cheryl is Zoe's mom...the little Maltese who was lost out your end of town, remember. She has multiple dogs herself, so we know Baxter is good in a home with other dogs.... [See More](#)



Petfinder Adoptable Dog | Bichon Frise |
Winnipeg, MB | Baxter
petfinder.com













- Live in the moment

Living in the moment may be one of the most important lessons we can learn from our pets.

Live in the moment



(2) SPENCER'S TIP

ONE MOMENT AT A TIME



ACTION BE POSITIVE | STAY PRESENT | MEDITATE | BREATH | SMILE

(3) SPENCER'S TIP

REACH OUT TO OTHERS



ACTION | TALK TO OTHERS | ASK FOR HELP | BE KIND | SCHEDULE IT



The importance of checking in with family, friends, and co-workers.



Take a moment to reach out to be there for someone.





Wilda



Gus





Wilda



Gus





Wilda





Perspective over perception



That a good life is more what you feel than what you see or hear



SPENCER'S RESILIENCE TIPS



- 1. ONE STEP AT A TIME**
- 2. ONE MOMENT AT A TIME**
- 3. REACH OUT TO OTHERS**

Spencer's Rules 2 Rock

1. Forget multitasking
2. Take short naps
3. Walk every day
4. Live in the moment
5. Don't hold a grudge
6. Wag!
7. Maintain curiosity
8. Hydrate
9. Play
10. Stretch often





-0:46



Podcast and Posters

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SPENCER'S RESILIENCE TIPS



1. ONE STEP AT A TIME
2. ONE MOMENT AT A TIME
3. REACH OUT TO OTHERS



[Al Garlinski Podcast - Lets Get Real](#)



Reference Materials

Guided Practices

Right click link below to download - then choose "Save File As" or click to listen to the meditations:

- Compassion with Equanimity (Download). [Audio - 6 minutes]
- Soles of the Feet (Download). [Audio - 5 minutes]
- Tender Self-Compassion Break (Download). [Audio - 5 minutes]
- Motivating Self-Compassion Break (Download). [Audio - 7 minutes]
- Providing Self-Compassion Break (Download). [Audio - 7 minutes]
- Balancing Yin and Yang (Download). [Audio - 13 minutes]
- Protective Self-Compassion Break (Download). [Audio - 8 minutes]
- Fierce Friend (Download). [Audio - 15 minutes]
- Self-Compassion for Caregivers [Video - 9 minutes]
- Compassionate Friend (Download) [18 minutes]
- Giving and Receiving Compassion (Download). [20 minutes]
- Affectionate Breathing (Download) [21 minutes]
- Compassionate Body Scan (Download) [24 minutes]
- Loving-Kindness Meditation (Download) [20 minutes]
- Self-Compassion/Loving-Kindness Meditation (Download) [20 minutes]
- Noting Practice (Download) [18 minutes]
- Soften, soothe, allow: Working with emotions in the body (Download) [15 minutes]
- General Self-Compassion Break (Download) [5 minutes]



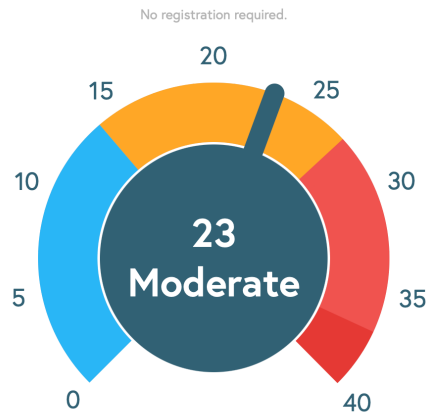
Reference: Website location @
Self-compassion.org, Dr. Kristen
Neff, Guided Practices, accessed
March 22 2023



[Self-Compassion Exercises](#)

Reference Materials

▶ GET YOUR STRESS SCORE



[Get Your Stress Score](https://www.bemindfulonline.com/test-your-stress)

Reference: Website location @
[bemindfulonline.com/test-your-stress](https://www.bemindfulonline.com/test-your-stress), Be Mindful, Get Your Stress Score, accessed March 22 2023

Reference

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The Social Readjustment Rating Scale

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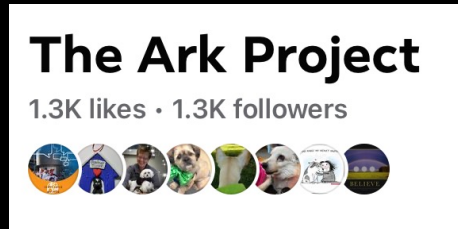
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The Holmes Rahe Stress Inventory

Reference: Website location
[@stress.org/holmes-rahe-stress-inventory-pdf](https://stress.org/holmes-rahe-stress-inventory-pdf), The Holmes-Rahe Stress Inventory, accessed March 22 2023

Thank you!



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Shadow's Mission