

RESILIENCE:
FROM SURVIVING TO THRIVING



DYANN STEWART: WHO AM I?



1996 - CURRENT
STARTED IN THE
WINDOW
INDUSTRY



2014-2021
PART-TIME
BACHELOR
OF BUSINESS



2018
YOGA TEACHER
TRAINING



30 OCT, 2021
ACCIDENT THAT
CHANGED MY LIFE



KICKBOXING
AND KUNG FU
TRAINING
1998 - 2015



HIMALAYAN HIKE
& TIBET TOUR
2015



9 -5 JOB
12 MONTH CONTRACT
NEW E-BIKE
28 OCT, 2021

A human skeleton is shown from the front, standing upright. A broken, tan-colored bike helmet is positioned on the head. The skeleton is centered in the frame, with a white background. Three text boxes are overlaid on the image: one at the top right, one on the left side, and one on the right side.

Broken bike helmet

- Long-term concussion (still present today)

Bones broken on the left side

- Scapula (smashed and displaced)
- Ribs 1, 3, 4, 5, 6 & 7 (broken and displaced)

Bones broken on the right side

- Scapula (broken in half and displaced)
- Ribs 2, 3, 4, 5, 6 & 7 (broken and displaced)

Thyroid lumps

- Half my thyroid was removed

Punctured lung

- Bilateral hemothoraces (multiple)

Left knee

- Torn ACL, PCL, MCL
- Broken tibia, with fragment attached to ligament which flipped into the knee joint

Broken right ankle

Sprained left ankle



Bones broken in the cervical spine (neck)

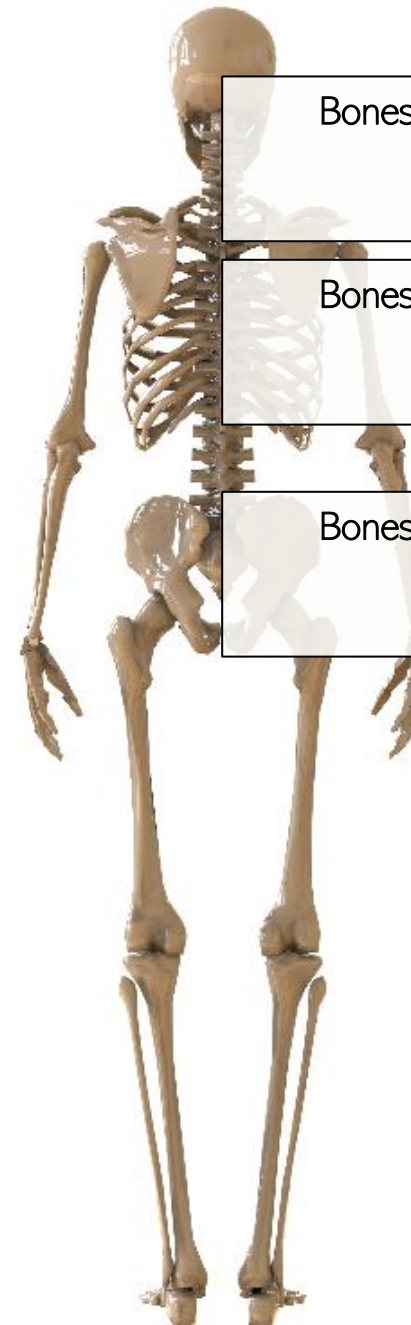
- Occipital condyle, C6 and C7 (x3)

Bones broken in the thoracic spine (upper back)

- T1 (x2), T3, T4, T5, T6, T7, T10 and T11

Bones broken in the lumbar spine (lower back)

- L3
- Coccyx

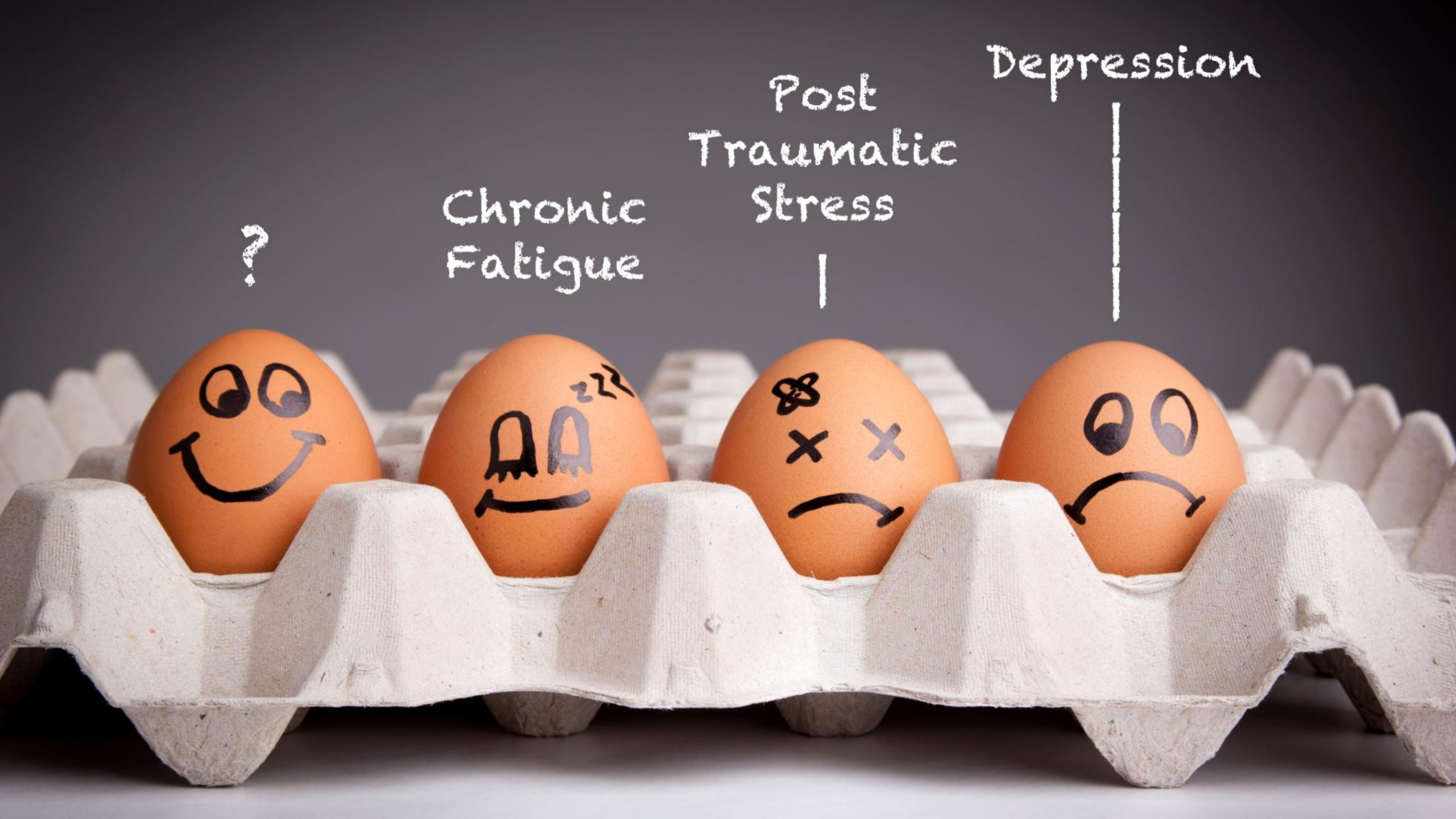








RESILIENCE



?

Chronic
Fatigue


Post
Traumatic
Stress

Depression

|

|





FROM SURVIVING
TO THRIVING



UNSUNG HEROES

REHAB TEAM

ACC
CASE MANAGER
DEBBIE

SIMON
ORTHOPEDIC
SUREON

THYROID
SURGEON
RICHARD

LAURA
OCCUPATIONAL
THERAPY

GP
JOCELYN

KIRSTY
PSYCHOLOGY

NEURO
CONCUSSION
THERAPY
BELINDA

REBEKAH
BREATHING
THERAPY

JILL
CRANIAL
OSTEOPATHY

PHYSIOTHERAPY
SARAH

EVAN
NEURO-
OPTOMETRY

VISON
THERAPY
AMANDA

HENRY
ACCUPUNCTURE

CLINICAL
AUDIOLOGY
NIGEL

GAIL
TRANSCENDENTAL
MEDITATION

CLINICAL
PILATES
KATE





NAPS RULE

A wooden signpost with three horizontal planks. The top plank reads 'Take', the middle plank reads 'Deep', and the bottom plank reads 'Breaths'. The signpost is set against a scenic background of a lake, forest, and snow-capped mountains under a blue sky.

Take

Deep

Breaths

LEARNING TO NOSE BREATHE



NOSE
BREATHING



NETTI
POT



NASAL
STRIPS

BREATHING TRAINING



**POWER
BREATHER
TRAINING**



**DEEP BELLY
BREATHING**



**BOX
BREATHING**



**AWARENESS
OF YOUR
SURROUNDINGS**



PSYCHOLOGY

UNHELPFUL THINKING STYLES



ALL OR NOTHING THINKING



OVER GENERALISATION



MENTAL FILTER



IGNORING THE POSITIVES



JUMPING TO CONCLUSIONS



CATASTROPHISING



EMOTIONAL REASONING



CRITICAL WORDS



LABELLING

PRODUCTIVITY TOOLS



LIBBY
LIBRARY APP



OTTER.AI
TRANSCRIBE



CHATON AI



GRAMMARLY



USE QR CODE
READER
FOR CONTACT
DETAILS



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DYANN@DPSCONSULTING.NZ

WWW.DPSCONSULTING.NZ

GLENFIELD, AUCKLAND

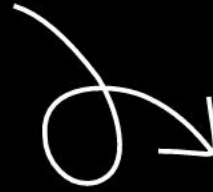
OR WRITE
THEM DOWN





RESILIENCE KEY TAKEAWAYS

SCAN HERE



**OPERATE
WITHIN YOUR
PARASYMPATHETIC
NERVOUS SYSTEM**



**BREATHE INTO
DIAPHRAGM
BOX BREATHING
COHERENT BREATHING**



**MINDFULNESS
AND MEDITATION
SELF-AWARENESS
& AWARENESS
OF SPACE**



**USE
(CREATIVE
EXPRESSION
TECHNIQUES**



**LISTEN TO
BINAURAL
BEATS**



**MINDFUL
MOVEMENT
TAI CHI, YOGA,
WALKING,
CLINICAL PILATES**



**IMPROVE
SLEEP
QUALITY**



**REFRAME
UNHELPFUL
THINKING
STYLES**

RESILIENCE TRAINING COURSES

TRP: TEAM RESILIENCE
PROGRAMME

PRP: PERSONAL RESILIENCE
PROGRAMME