

## **Developing Resiliency to Stress, Adversity, and Health-Related Situations**

The present CORONAVIRUS-19 crisis provides several opportunities to increase your resiliency to contracting the virus and adapting to the global crisis, by adopting:

1. Personal Resiliency to stress, crisis, and health-related situations.
2. Improved Personal Relationships Related to Resiliency
3. Spiritual Integration of Resiliency

These practices are primarily preventative, and complement the obvious non-contact and avoidance approaches listed by the CDC. I tend to view resiliency as three-dimensional; involving body, mind and spirit.

The major emphasis and popularity on body fitness is obvious by the number of existing exercise facilities and equipment choices which are commercially available. However, although measurably increasing, very little emphasis has been placed upon the mental (psychological) and spiritual modes of adversity prevention through greater resiliency. Even though, we know different people respond differently from exposure to communicable diseases, studies have shown that a comprehensive approach to prevention can be extremely effective.

**An Aside:** At present, the number of severe COVID-19 cases, globally, is probably not more than 5%; but still on the rise. However, resiliency, beyond body fitness, is also necessary for care givers, family members, and coworkers of those affected. So, prevention related to Emotional Intelligence, Mindfulness, and Spirituality become essential, while we await a possible vaccine.

**Personal Resiliency** begins with taking 100% responsibility for each of our actions in terms of prevention. This a cognitive skill or mind-set which results in an empowered process of self-management. This means that anything that can be transmitted by person to person contact or by contaminated surfaces are sources to be avoided. Particularly, by sneezing, coughing, or any form of close contact. It's **irresponsible** to not do so, regardless of age statistics, so far.

*There have been **implications** of greater resiliency as function of age; the younger the fewest number of cases. However, highly-conditioned young professional athletes in several sports have been diagnosed with the COVID-19 disease.*

## Relationship Building Opportunities

There is something about **FEAR** that causes us to avoid having open conversations about ourselves with those close to us and those we work with. At least until a crisis occurs as the one we presently face. Issues that have kept us apart for some time that have also impacted our level of resiliency in terms of stress and relationship management, and how we handle adversity and crisis—typically, Fight or Flight, but not constructive resolution. Studies cited in the book, **The Resilience Factor**, show that our unwillingness, not our capability, to confront such situations reduces our willingness to constructively resolve such adversity. In other words, we tend to continually somatize (dump) conflict into our bodies as an avoidance practice.

As a result of the present COVID-19 crisis, I just had a two-hour conversation with my son regarding a whole range of activities. Afterwards, I felt relieved and a renewed sense that our relationship had moved to a whole new level of honesty and openness. I also felt an immediate sense of empowerment to have similar conversations with other family members, friends, and coworkers; with the realization that they and I would **survive** just fine!

What I also learned is that relationships change over time; particularly, those that are close. And most of all, that FEAR had provoked me into the realization of my own mortality! That conversation, and others to follow, just earned me another five years of my life! This is the essence of the type of courage of resiliency that will occur to many more of us than those afflicted as the reality of the “new normal” begins to set in.

**Spiritual Resilience**, for me, is identified with wisdom; the wisdom that comes from within as a result of a major realization or an Aha in my life. I call these “**nuggets of wisdom**,” because they put difficult situations in a greater context of meaning. Like, “*What is the message within this global crisis?*” When I add this piece of the puzzle to the other two forms of resiliency (body and mind), I finally begin to understand that, when integrated, the quality of life I experience is in direct proportion to the quality of my relationships. All I need now is my 25-year-old body again! (I wonder if I can reverse my aging!)

**The Fear Factor:** Now, if you need significantly more fear to be motivated, I suggest you read my latest book in The Pleiadian Series of the results of the **next** pandemic: **The Aftermath**, by William Guillory, that is an e-book on Amazon and the paperback is sold on the website: *thewayoftheheart.org*. *Go for it!*

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Dr. William A. Guillory is a dynamic transformational speaker, and conference and seminar facilitator. He speaks about subjects that are at the forefront of our thinking, such as *Creating Culturally Compatible Living and Working Environments*; *The New Leadership for the 21<sup>st</sup> Century—The FuturePerfect Organization*; *The Age of Human Potential—Creating Human Capital*; *Diversity—The Unifying Force of the 21<sup>st</sup> Century*; and *Maximizing Your Personal Performance through a Mind-Set of Equality and Success*.

Dr. Guillory is an authority on diversity, leadership, high performance, creativity and innovation, and quantum-thinking. He has an in-depth understanding of the process of personal and organizational transformation as it relates to creating culturally inclusive and compatible living and working environments. Bill's published books include *Realizations*; *It's All An Illusion*; *Destined to Succeed*; *The Roadmap to Diversity, Inclusion, and High Performance*; *The Guides*; *Empowerment for High-Performing Organizations*; *The Business of Diversity*; *Living Without Fear*; and *The Living Organization—Spirituality in the Workplace*. His most recent non-fiction publications include *The FuturePerfect Organization—Driven by Quantum Leadership*; *Tick Tock... Who Broke the Clock—Solving the Work-Life Balance Equation*; *Animal Kingdom—A Diversity Fable*; and *How to Become a Total Failure—The Ten Rules of Highly Unsuccessful People* (a tongue-in-cheek book about success). His most recent fiction series is **The Pleiadians**, **The Hunt For The Billionaire Club**, **The Consortium**, and **The Aftermath**.

Prior to founding the consulting firm Innovations International Inc., Dr. Guillory was a physical chemist of international renown. He has lived, studied, and lectured in England, France, Germany, Austria, Japan, Switzerland, Poland, Mexico, Puerto Rico, and China. He has authored over 100 publications and several books on the application of lasers in chemistry and was Chair of the Department of Chemistry at the University of Utah. Dr. Guillory received his B.S. from Dillard University in New Orleans, his Ph.D. from the University of California at Berkeley, and was a National Science Foundation Postdoctoral Fellow at the Sorbonne in Paris. His distinguished awards and appointments include an Alfred P. Sloan Fellowship, an Alexander von Humboldt appointment at the University of Frankfurt, a Ralph Metcalf Chair at Marquette University, and the Chancellor's Distinguished Lectureship at the University of California at Berkeley.

Dr. Guillory has presented over 4,000 seminars for leadership groups in the United States, Canada, Mexico, South America, China, Hong Kong, Singapore, South Africa, Japan, the United Kingdom,

France, Austria, Sweden, Saudi Arabia, Germany, Belgium, and Switzerland. He has facilitated seminars for more than 400 organizations, including NASA, The EPA, Amgen, the Navy, AEC of Saudi Arabia, Sandvik of Sweden, Brambles of Australia, The National Institute for Science and Technology, Merck & Co., Eli Lilly, Amoco, the American College of Health Care Executives, Lockheed Martin, Northrop Grumman, Qualcomm, Sandia National Laboratories, EDS, Texas Instruments, Diagnostic Laboratories of Hawaii, Procter & Gamble, Dow Chemical, The Department of Health and Human Services, The Department of Agriculture, Los Alamos National Laboratory, ChevronTexaco, Pacific Northwest Laboratory, Bank of America, and many other Fortune 500 organizations.