



## RESILIENT!

LEADERSHIP & THE INTEGRAL LIFE

February 2007

Edited by Dr Sven Hansen

Welcome to RESILIENT! - Our client newsletter which aims to bring you topical and practical ideas to improve leadership, build resilient organisations and create a meaningful life.

### The Skinny on Fat

By Dr Adam Fraser

Fat has copped a lot of criticism over the years with people labelling it as bad. However, not all fats are created equal! Some have essential health benefits.

Most people on a health kick try to eliminate fat in their diet, consume plenty of low fat products, and then pride themselves on the fact that they eat "hardly any fat". Unfortunately what these people don't realise is that the right types of fat are essential for good health and wellbeing. Fats support essential functions in your body and are needed for good health.

There are 4 main types of fat: Saturated, Monounsaturated, Polyunsaturated, and Trans Fats. What makes types of fat different is their chemical structure, fats are made up of carbon and hydrogen molecules and the way these are arranged alters the effect they have on the body.

**Saturated Fats** have only single bonds between the carbon backbone and all carbons are saturated with hydrogen atoms. Because of this, saturated fats are generally solid at room temperature, such as butter, lard and the fat that you want to trim off your steak. These are not healthy fats and convert to bad cholesterol where they increase your chances of heart disease. Aim to limit and indulge on special occasions only! Most saturated fats come from animal sources: meat, milk, eggs, though some oils such as Palm Oil include saturated fat. Coconut also contains a high level of saturated fat.

**Unsaturated Fats** – include

Monounsaturated and Polyunsaturated.

**Monounsaturated fats** contain one double bond between the carbon atoms and because of this are liquid at room temperature; however they become cloudy or semi-solid in the fridge. Examples include olive oil, avocado oil, nuts and canola oil.

**Polyunsaturated fats** contain two or more double bonds and are liquid at room temperature and remain liquid in the refrigerator. Examples include cottonseed, soybean, fish, safflower, sunflower, walnut and flaxseed oil. They are also called omega-6 fats. Fish and flaxseed oil (omega-3 or long-chain fatty acids) are the most unsaturated. They are an essential part of your diet.

Both monounsaturated and polyunsaturated fats are very healthy fats. When eating fat, you'll want to eat more of these.

**Trans fats** do not exist in nature. They have been chemically modified for use in processed and packaged foods. Vegetable oils like corn oil are liquid at room temperature and therefore can't be used as a spread or used in cooking of pastry products. Manufacturers got around this through hydrogenation. They heat the vegetable oil and expose it to a metal catalyst (nickel or copper). This alters the



chemical structure of the oil and turns it into a more pliable fat that resists breakdown and increases shelf life. Research shows that trans-fats are damaging to your health and should be avoided.

Foods that are high in trans fats are margarine, deep fried foods, commercial baked foods, most snack foods, doughnuts, biscuits and manufactured cheese.

## The Omega-3 Perspective

The National Institutes of Health in the US is completing a series of trials that show depression, aggression and murder rates in 38 countries correlate with low omega-3 and high omega 6 oils consumption. US consumption of soya oil has increased from 0.02% (essentially nil) to 20% (11.3 kg/person/year).

Societies that have high consumptions of omega-3, such as Japan have the lowest murder rates. The Australian diet contains 15mg of omega-3 daily whereas in Japan it averages 1000mg. When prisoners in Britain, with low omega-3 consumption, received extra omega-3, violent offenses dropped by 37%. Other studies show about a 1/3 reduction in anger and irritability.

The hypothesis gaining support is that we may be able to combat depression, anger, irritability and violence by *reducing omega-6* (vegetable oils, fast-foods and packaged foods) and *increasing omega-3* consumption in our diets (Salmon, mussels, Hoki, Blue cod, Tuna and Snapper being good sources). Added to this there is a growing body of evidence suggesting heart, joints, inflammation and skin benefits with more omega-3. Many now choose to supplement with 1 to 3g per day of omega-3 oil.

The problem with our modern diet is that we have reduced our intake of monounsaturated and omega-3 (or long chain) polyunsaturated fats and we have increased our intake of saturated, omega-6 polyunsaturated and trans fatty acids.

*An interesting source of references and further information is:*

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

## In an *actionable* nutshell:

- Enjoy, in small amounts, saturated fat (dairy & red-meat)
- Increase and enjoy monounsaturated fats (olive oil & avocado, nuts)
- Eliminate trans fats aggressively (processed food – check labels)
- Drive down omega-6 (soy, corn, safflower oils and fried fast foods)
- Raise fish consumption and consider omega-3 supplementation.

## About Us

Based in Australia, New Zealand and Canada, The Resilience Institute works with senior executives and the entire employee base to build organisational and personal resilience. The Resilience Institute uses an evidence-based approach to introduce the personal disciplines of sustainable high performance within a meaningful life. The Resilience Institute achieves sustainable and measurable improvements using assessment instruments, consulting reviews, workshop interventions and personal coaching.

For further information...

Website

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## Resilience Programs

### Practical Resilience Program – Public Program - Melbourne

There is more to life than living in negative stress, fatigue and illness that is often associated with the “dash for cash” and “dash for career”. Resilience is a key competence to help you to live and work with **higher engagement, health and happiness** and ultimately reach out to your full potential.

In two half-day workshops, learn how to train your brain and build your happiness and resilience...

- ✓ Health & Resilience assessment
- ✓ Introduction to Resilience
- ✓ Mastering Relaxation and Fatigue
- ✓ The Practice of Flow
- ✓ Health and Physical Vitality
- ✓ Emotional Intelligence
- ✓ Brain Training & attention control
- ✓ Spirit in Action

#### Previous attendee said...

- ✓ *The Resilience session presented by Stuart was sensational. My Wife and I are going to go over the material again as we can see real benefits to our family life.*
- ✓ *What a great inspirational speaker!*
- ✓ *The program has made me take an honest look in the mirror.*
- ✓ *I have noticed a change in my personal attitude to handling stress. I'm a much happier person and life is great again!!*
- ✓ *I feel a renewed enthusiasm for getting the balance in my life right for me, my work and my family*
- ✓ *The resilience program provided tools to address both physical and psychological wellbeing*
- ✓ *I liked the way Stuart delivered the program with honesty, authenticity and sharing his own personal stories.*
- ✓ *The resilience program was great. I found it very relevant. Now I have some techniques to help me move in more positive/optimistic directions.*

#### Next Programs

##### 20 February & 1 March 2007 in Melbourne

- Visit our website [www.resilienceinstitute.com.au](http://www.resilienceinstitute.com.au) and download a registration form
- Contact Stuart Taylor in Melbourne on +613 9822 6176
- Email [info@resilienceinstitute.com.au](mailto:info@resilienceinstitute.com.au)



## Resilient Products

### Freeze-Framer: Own a Resilience Building Biofeedback Device

FREEZE-FRAMER, from the Institute of HeartMath, is the most practical way to assess & build resilience under different situations.

➤ **Why we use FREEZE-FRAMER for Resilience Training:**

The HeartMath Institute has a long scientific background with hundreds of clinical studies showing measurable benefit & positive outcomes.

FREEZE-FRAMER quickly helps our clients build proficiency in a number of our Resilience Disciplines, these include:

- Mastery of effective diaphragmatic breathing (Stress Mastery)
- Quick relaxation & stabilisation (Physical Vitality)
- Cardiovascular biofeedback for lowering pulse and blood pressure (Physical Vitality)
- Building emotional resonance for stronger empathy and resilience (Emotional Competence)
- Preparation for critical meetings, presentations and negotiations (Emotional Competence)
- Management of attention disorders in kids and adults (Cognitive Discipline)
- Feedback on negative and helpless thinking (Cognitive Discipline)
- Create physiological state for optimal mindfulness, prayer or meditation (Spirit in Action)

**\$450.00\***  
\*plus GST & Postage



### Practical Resilience Books

Dr Sven Hansen has written five practical books on the five disciplines of Resilience. They are practical & user friendly introductions to the concepts of Resilience & help you build your own practice strength.

1. Stress Mastery: Being Calm, Alert and Engaged
2. Physical Vitality: Enhance and Extend your Life
3. Emotional Competence: The Feeling of Being Alive
4. Cognitive Discipline: Creativity, Decisions & Execution
5. Spirit in Action: Moral Resilience, Leadership and Enlightenment

**Full Series \$60\***  
\*plus GST & Postage

**Each Book \$15\***  
\*plus GST & Postage



### Facial Expressions Training CD by Paul Ekman

**Build empathy: develop accurate, fast facial expression recognition.**

We display around 250,000 facial expressions per day. In a busy complex workplace this is one of the leading sources on knowledge and emotional intelligence. With this CD you can train yourself to recognise micro-expressions (flashed in 0.5 seconds) and subtle expressions (part expressions).

Including tests, practice, tutorials and progressive difficulty this CD is the key to developing your capacity to read other and apply your leadership with skill and understanding.

*"Probably the best hour's investment you can make!" Dr Sven Hansen*



**\$70.00\***  
\*plus GST & Postage

For more information on products, visit our website [www.resilienceinstitute.com.au](http://www.resilienceinstitute.com.au)