

Flourishing through Chronic “Too-Muchness”

Student Mental Health Symposium
University of Illinois System

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William & Mary

IMPORTANCE

Perceived Evaluation

Cost

Uncertainty

**Fear of Failure
(Pressure)**

Natural Responses

Avoid / Escape
Until "Have To"

Over-Control
Mastery



The Plateau Effect



Need

Outcomes

Evaluation

The Authentic Excellence Initiative

AX

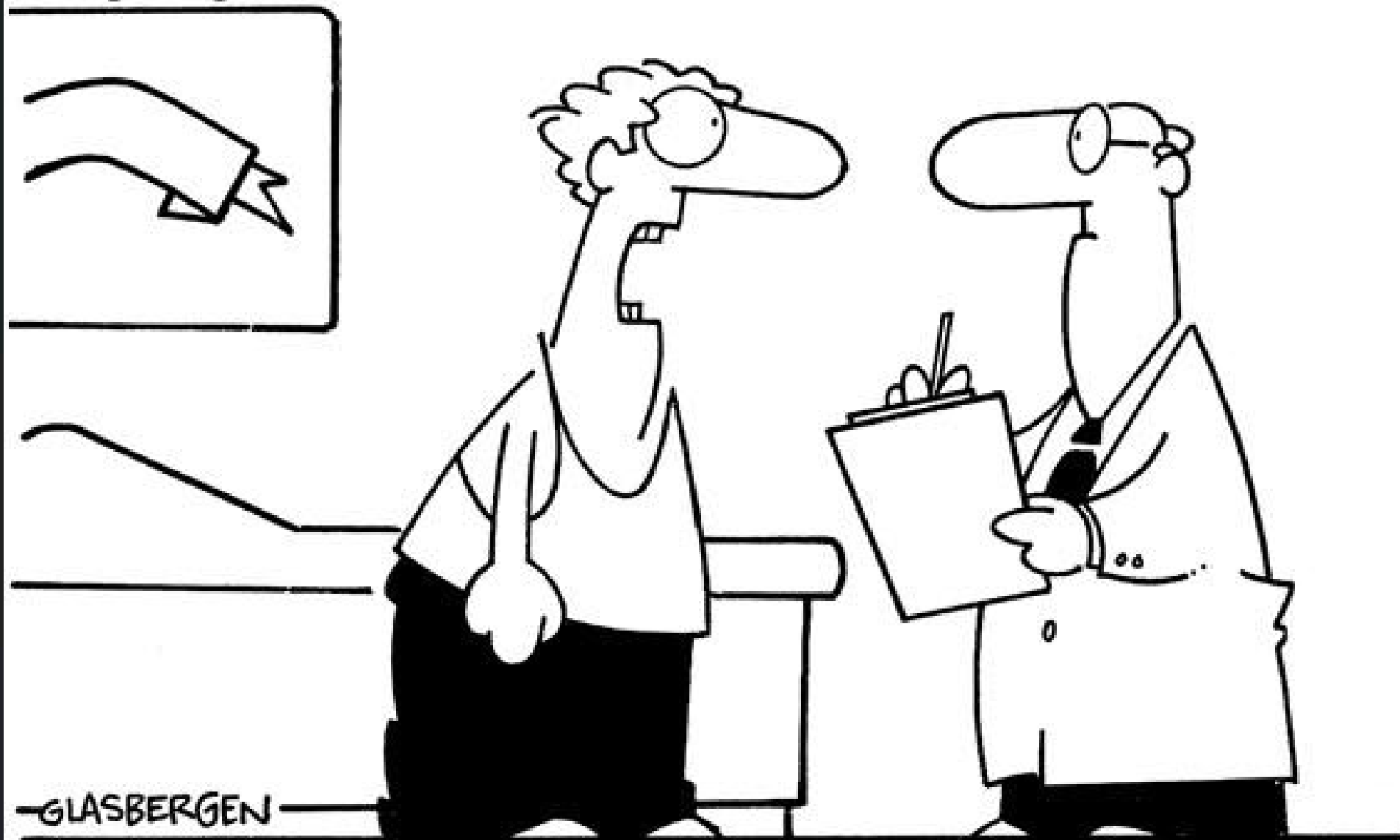


AX 101: Understanding Authentic Excellence

AX 201: Living Authentic Excellence

AX 301: Mentoring Authentic Excellence

Concepts: Fear-based Excellence versus Authentic Excellence
Plateau Effect - staying stuck at good
Improving productivity, fulfillment and resilience



**"I'm learning how to relax, doctor —
but I want to relax *better and faster!*
I want to be on the cutting edge of relaxation!"**

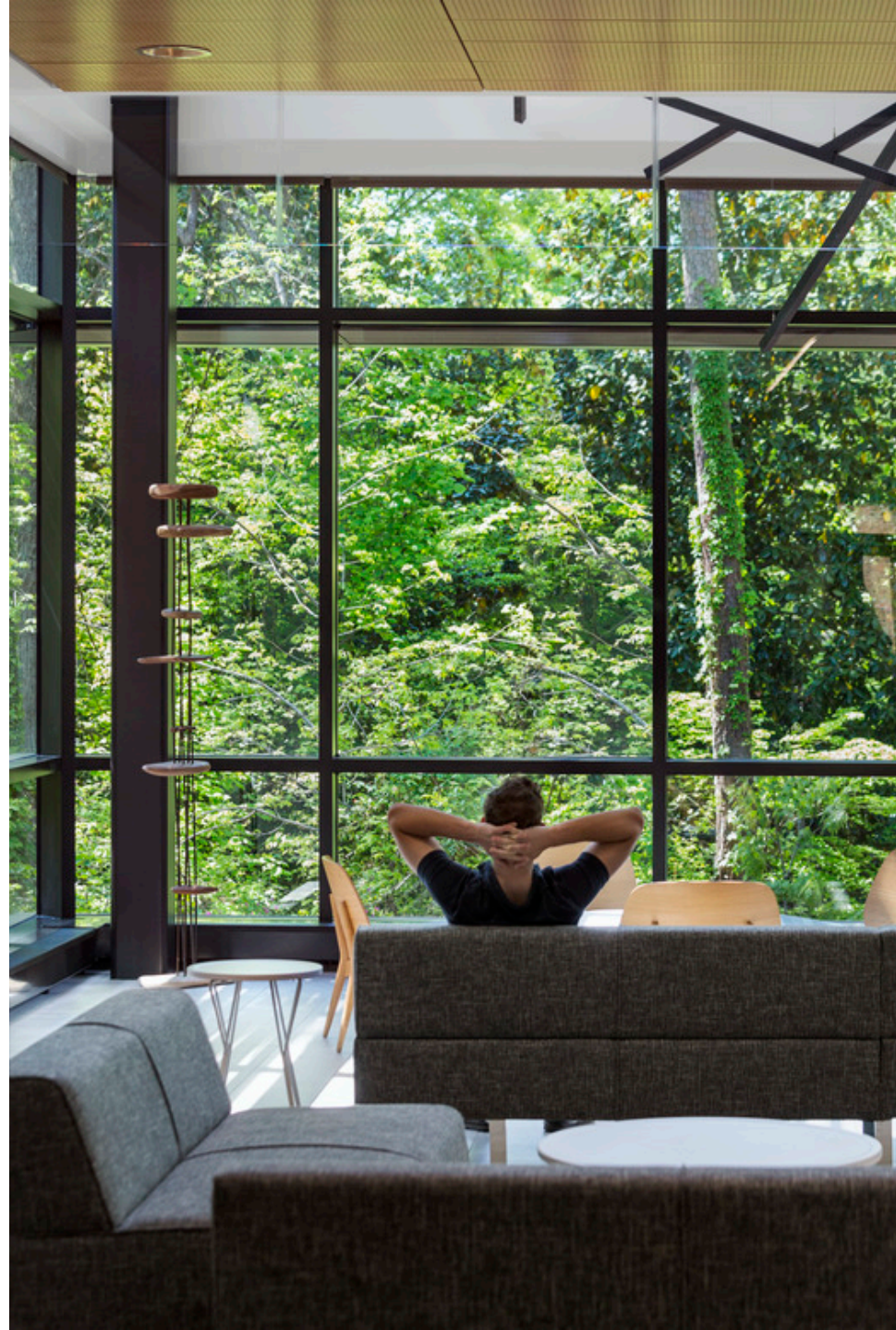












The Authentic Excellence Initiative

AX



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Authentic Excellence thru Dynamic Blueprinting

TASK	PURPOSE
Multi-Layered Values Clarification	Authenticity
Values Expression & Management	Integrity
Managing Fear Differently & Coping Effectively	Resilience
Developing the Expressive Mindset	Excellence

Moving Beyond our Neurology

From Values Clarification
To Values Relationship



High Priority	Over-Attention	Under-Attention	Medium/Low Priority
#1 Concern for Others	Belonging	Health & Activity	Concern for Environment
#2 Spirituality	Independence	Objective Analysis	Privacy
#3 Humility	LEARN MORE ▼	Interdependence	Financial Prosperity
#4 Responsibility		LEARN MORE ▼	LEARN MORE ▼
#5 Achievement			
#6 Creativity			
LEARN MORE ▼			

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Moving Beyond our Neurology

From Experience-Minded
To Integrity-Minded

Healthy vs Unhealthy Expression of Values

Healthy Expression

Focus is on purpose, process, and realistic estimations of time & energy

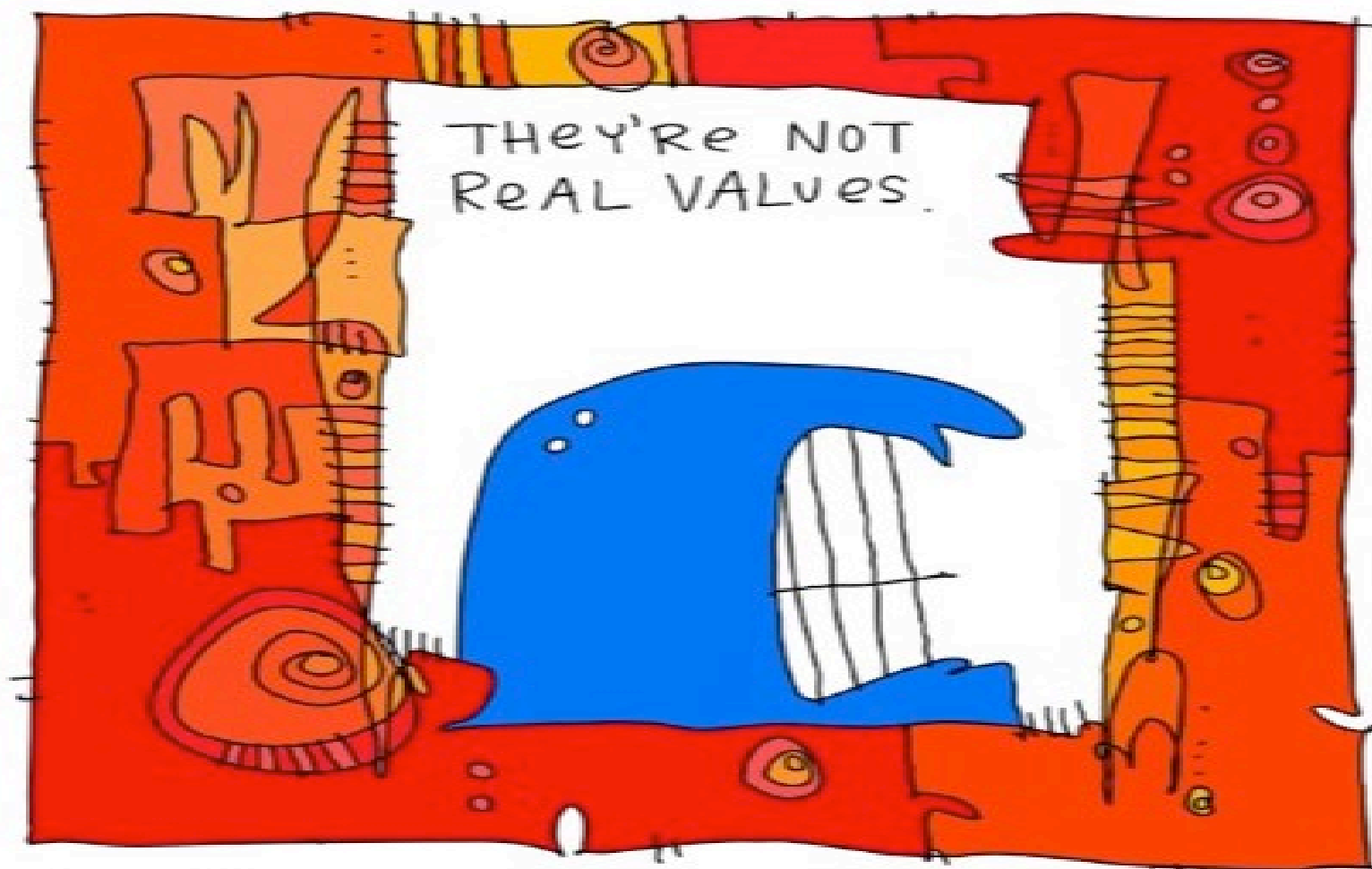
Pursuit of Integrity – Courage Driven

Unhealthy Expression

Focus is on control, emotional comfort, natural habits, outcomes, comparison to others

Pursuit of Experiences – Need Driven

IF THEY DON'T
OCCASIONALLY
SCARE US



Moving Beyond our Neurology

From Reducing Fear
thru Control & Avoidance
To Holding Fear Well

Moving Beyond our Neurology

From Avoidance of Difficult Emotions
To Confidence in Managing
Difficult Emotions

Moving Beyond our Neurology

From Chronically Evaluative Mindset
To Expressive Mindset

Plateau vs Authentic Excellence

Need

Outcomes

Evaluation

TRUST

COMPASSION

EXPRESSION



Mindful Actions during Chronic “Too-Muchness”

What opportunities are there for me to
practice the two things I want to be remembered for?
Be realistic with your time expectations

When you practice those two things,
do so with complete experiential acceptance

Take time at the end of the day
to appreciate how you practiced those two things

Mindful Actions During Chronic “Too-Muchness”

Essential Nourishment

Purpose

Acceptance

Meaning

Essential Seasonings

Enjoyment

Healthy Self-Care

Encouragement

BREAKOUT GROUPS

- Group distribution is by university, featuring a panel
 - One for UIUC, one for UIS, and two for UIC (east and west campus)
- Lasting 30 minutes
- Breakout session will be recorded
- Panelist's bios were shared in the Outlook meeting invitation, also in chat
- Panelists will respond to the keynote and share information and resources specific to your university
- A Google docs link will be available in the chat window. This will be the method to communicate with your breakout panel. Click on the link in the chat window before going into your breakout room.
- We will return to the full group for closing comments

Questions / Follow-up:

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