Flourishing through Chronic “Too-Muchness”

Student Mental Health Symposium
University of Illinois System

R. Kelly Crace, Ph.D.
William & Mary
Fear of Failure
(Pressure)

- Perceived Evaluation
- Cost
- Uncertainty

Natural Responses
(Avoid / Escape
Until "Have To"
Over-Control
Mastery)
The Plateau Effect

Need

Outcomes

Evaluation
The Authentic Excellence Initiative

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 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
## Authentic Excellence thru Dynamic Blueprinting

<table>
<thead>
<tr>
<th>TASK</th>
<th>PURPOSE</th>
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</thead>
<tbody>
<tr>
<td>Multi-Layered Values Clarification</td>
<td>Authenticity</td>
</tr>
<tr>
<td>Values Expression &amp; Management</td>
<td>Integrity</td>
</tr>
<tr>
<td>Managing Fear Differently &amp; Coping Effectively</td>
<td>Resilience</td>
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<td>Developing the Expressive Mindset</td>
<td>Excellence</td>
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</table>
Moving Beyond our Neurology

From Values Clarification
To Values Relationship
<table>
<thead>
<tr>
<th>High Priority</th>
<th>Over-Attention</th>
<th>Under-Attention</th>
<th>Medium/Low Priority</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Concern for Others</td>
<td>Belonging</td>
<td>Health &amp; Activity</td>
<td>Concern for Environment</td>
</tr>
<tr>
<td>#2 Spirituality</td>
<td>Independence</td>
<td>Objective Analysis</td>
<td>Privacy</td>
</tr>
<tr>
<td>#3 Humility</td>
<td></td>
<td>Interdependence</td>
<td>Financial Prosperity</td>
</tr>
<tr>
<td>#4 Responsibility</td>
<td>LEARN MORE ▼</td>
<td>LEARN MORE ▼</td>
<td></td>
</tr>
<tr>
<td>#5 Achievement</td>
<td></td>
<td></td>
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<tr>
<td>#6 Creativity</td>
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</tbody>
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www.lifevaluesinventory.org
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

THEY'RE NOT REAL VALUES.
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From Reducing Fear thru Control & Avoidance

To Holding Fear Well
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From Avoidance of Difficult Emotions
To Confidence in Managing Difficult Emotions
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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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