

9 Ways to Be Happier In the Gym and Life

Dr. Dave Tilley DPT, SCS, CSCS

What The Heck Does This Have to Do With The Hero Lab?

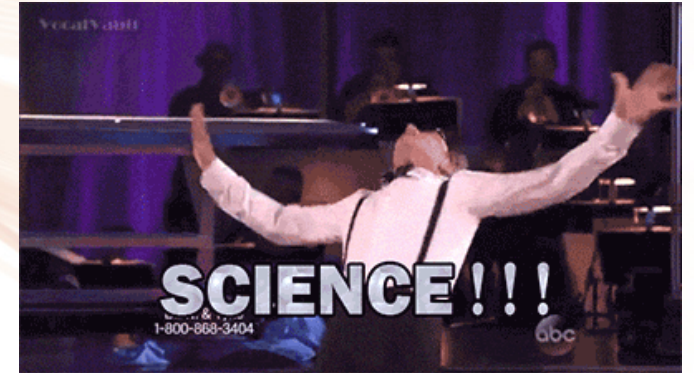


The more I study books, learn, and observe high performing role models, the more I realize that people are the catalyst for real change

“If you want to improve the world, start by improving yourself”

What The Heck Does This Have to Do With The Hero Lab?

- Personal experiences + consulting internationally + studying the best
- Something we all experience, and often suffer in silence
- Society, culture, and 'supposed to' mindsets drive lots of unhappiness, burnout, and high stress lifestyles
- Take a break from the nerd fest, and offer some advice that's helped me



What The Heck Does This Have to Do With The Hero Lab?

Science and research does support this. Happier/Healthier people tend to

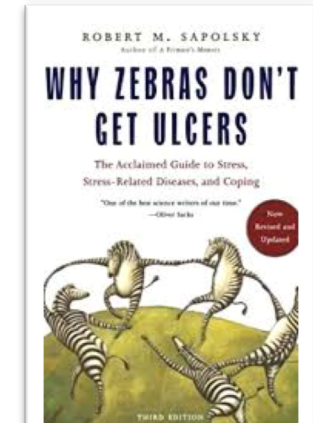
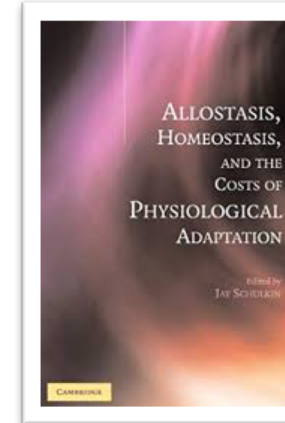
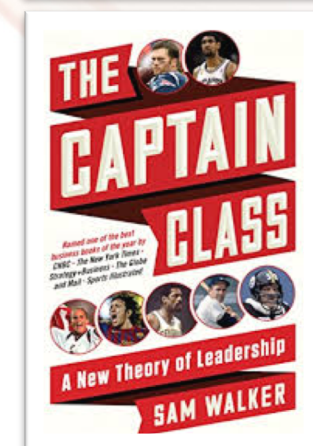
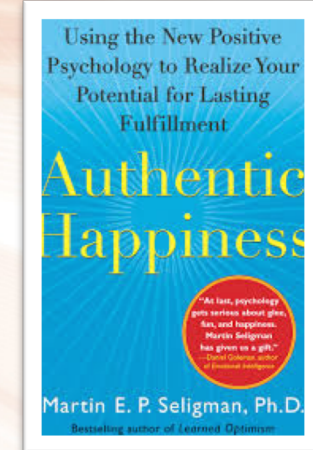
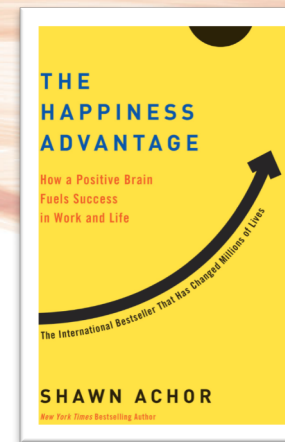
- Be more successful with work
- Have increased level of happiness in their career/personal life
- Have better competitive results with those they coach/lead
- Have less negative health benefits from being over stressed

Books/Research For The Nerds Like Mike

Psychology of happiness/health to work
Segilman, Archer

Competitive results and sports psychology
Kerr, Walker

Negative effects of chronic stress
Sapolsky, McEwen, Shulk



9 Tips To Cover

1. Basics, Basics, Basics
2. Self Awareness and Growth Mindset Base
3. “Me vs Me”
4. Accepting Negative Emotions > Avoidance
5. Lean In To Difficult Conversations
6. Make Time for Stillness
7. Embracing Vulnerability
8. Commit to Value Based Habits/Microroutines
9. Consciously Build An Better Environment

1. Basics, Basics, Basics

The things you know you should do more of vs less of

More of

- Sleep 7-8 hours per night
- Eat well most of the time
- Exercise 4-5 times per week
- Water
- Build in time for unwinding

Less of

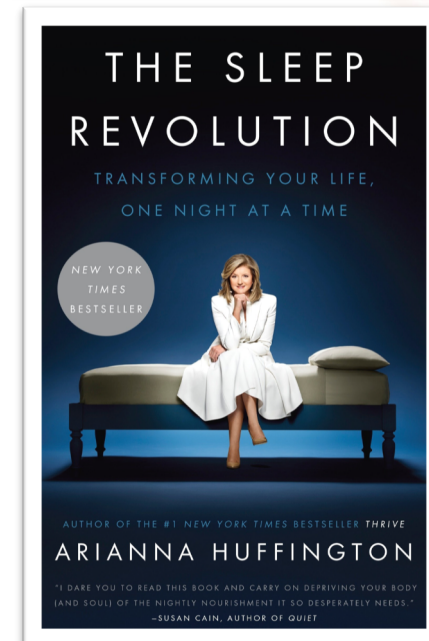
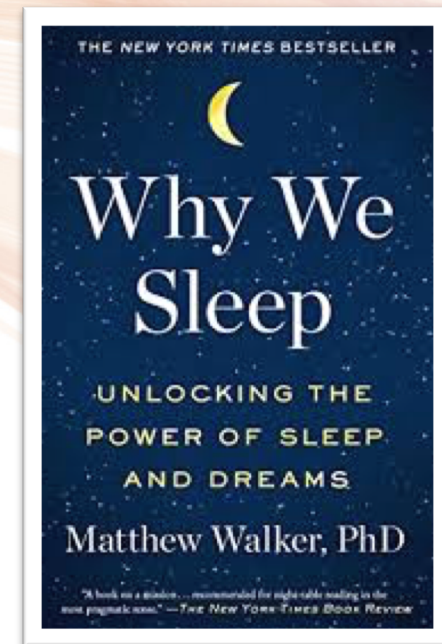
- Late night TV + 5 hours of sleep + caffeine overload
- Eat well some of the time
- Exercise when you 'get around to it'
- ????
- "Too much to do"



1. Basics, Basics, Basics

Sleep

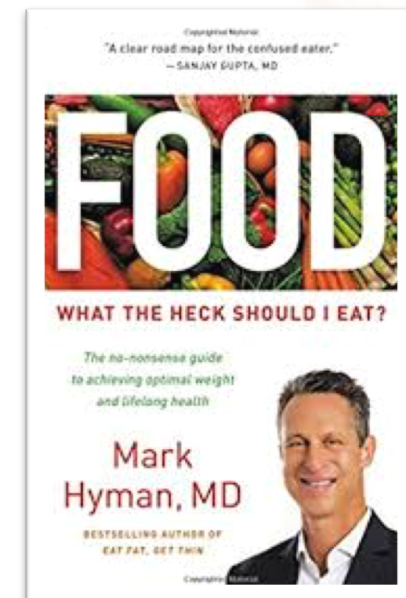
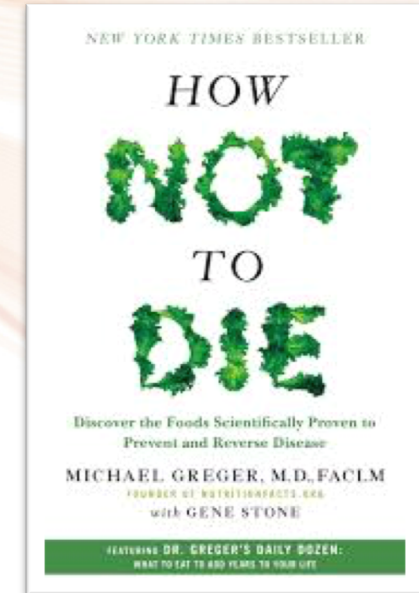
- Try to have regular sleep/wake cycles
- 30 min wind down without electronics
- Use night shift/glasses before bed
- Avoid food/caffeine/alcohol 2 hours before bed
- Keep bedroom technology free and dark/cool



1. Basics, Basics, Basics

Eat Well

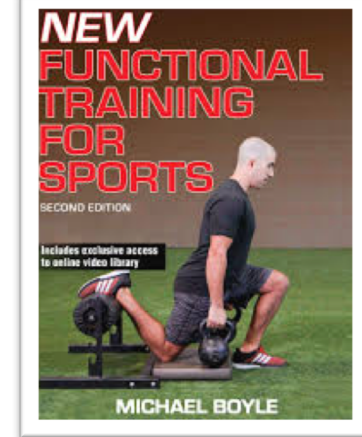
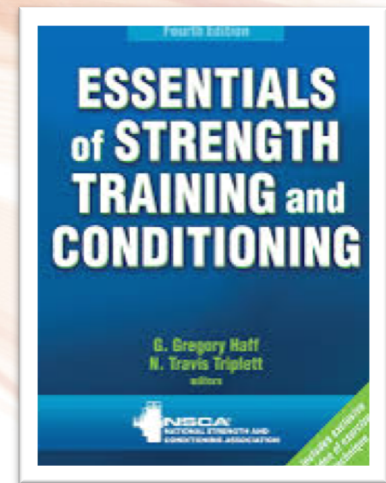
- Eat mostly real foods and water (90/10 rule of thumb)
- Caffeine, alcohol, and treats in moderation
- Meal prep / bulk cook if possible
- Experiment with other stuff if you're into it/care (time restricted eating, food sensitivities, etc)



1. Basics, Basics, Basics

Exercise 4-5 times per week (spectrum of options)

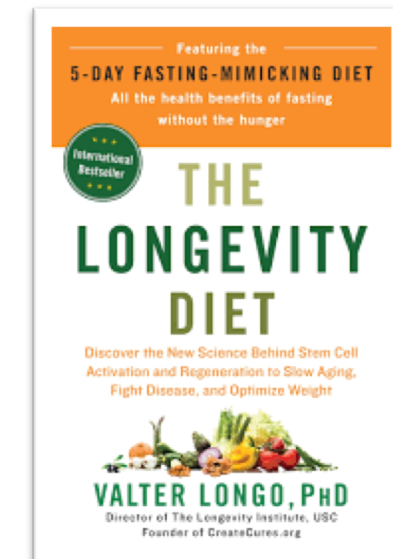
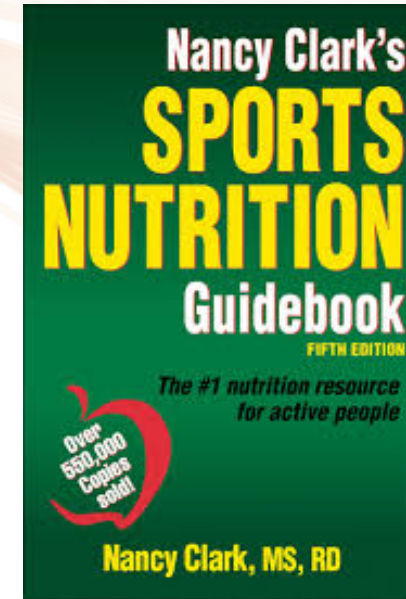
- Park farther away, take stairs, walk at lunch, 1 class/week
- ^ + 30 minutes of some sort of exercise a few days per week
- ^ + Semi structured 3 day/week plan lifting/cardio
- ^ + working out with kids or friends, playing recreational sport
- Structured 3-5 days per week lifting and cardio



1. Basics, Basics, Basics

Hydration

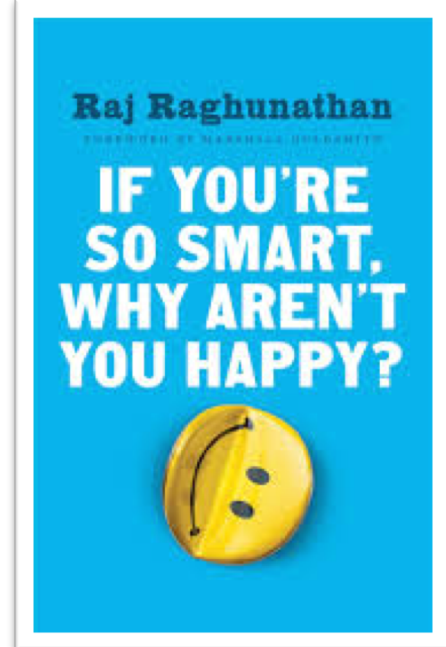
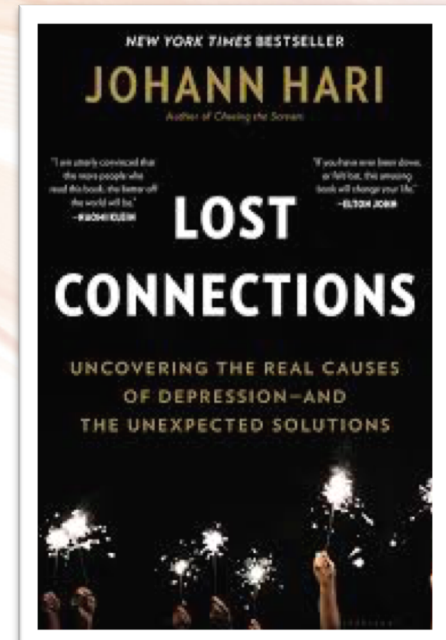
- Buy and carry a fun water bottle
- Sip throughout the day
- Start with 12oz first thing in the morning
- Replace one drink/day with water



1. Basics, Basics, Basics

Build in Time for Unwinding

- Actually put it on your weekly calendar!
- ½ day per week when your 'off'
- Mini trips / long weekends 1x/3 months
- Longer trip/vacations 1x/6-12 months
- Start a Coffee/Pizza/Restaurant/Clothing fund



2. Self Awareness and Growth Mindset Base

By far one of the most helpful things I've learned

Always be thinking about what YOU want out of life, not what you think your 'supposed to' want out of life

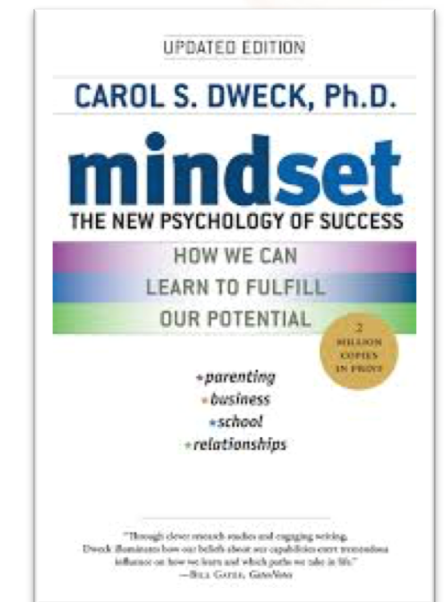
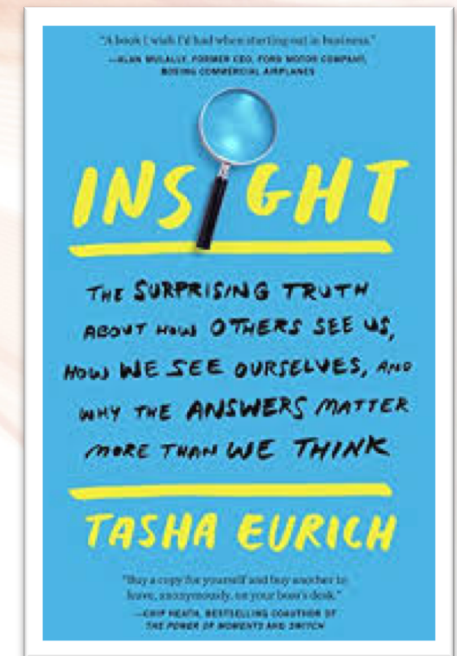
Fear of judgement

Fear of criticism

Fear of unknown, etc

Growth Mindset – always thinking, learning, etc

Books, podcasts, chats, the good side of social media



3. “Me vs Me”

Continued from #2

"Keeping Up with the Joneses" is toxic

What matters to me? What are my values?

How much money, work, stuff do I need?

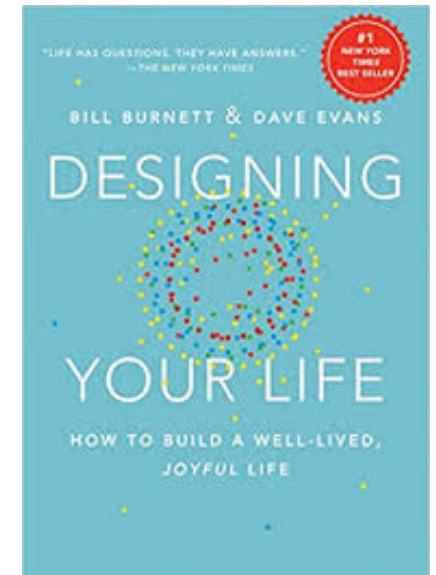
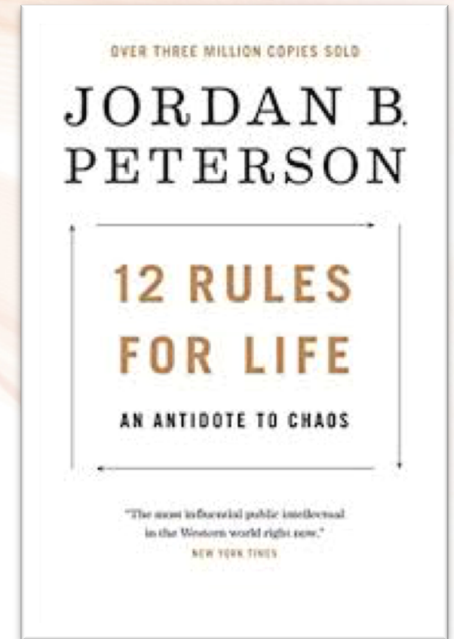
What are my goals?

Why do I want _____? For me or for someone's approval?

What are my biggest fears or worries?

What are my vices (bad habits) vs virtues (good habits)

Then....How do I build habits that map to my goals?



4. Accepting Negative Emotions > Avoidance

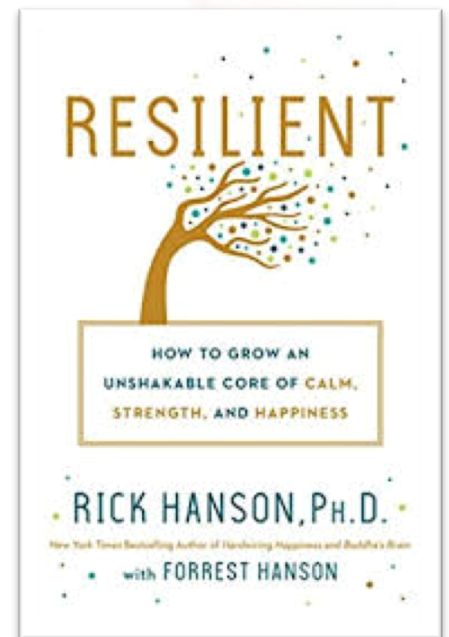
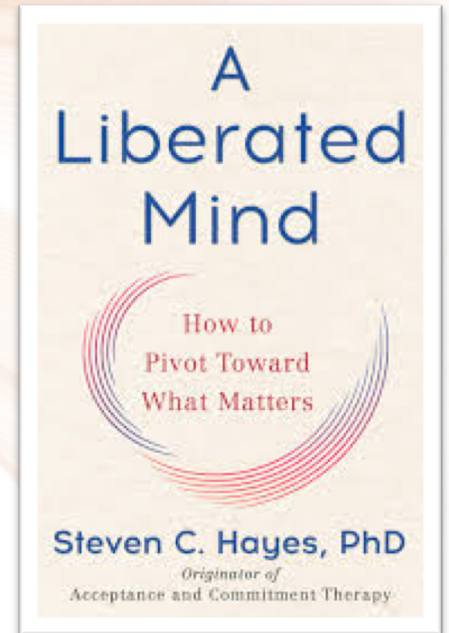
My biggest mistake. Avoidance

(also known as escapism, numbing, distract, ect)

Uncomfortable conversations with gymnasts

Uncomfortable conversations with other coaches/coworkers

Uncomfortable conversations with myself 😊

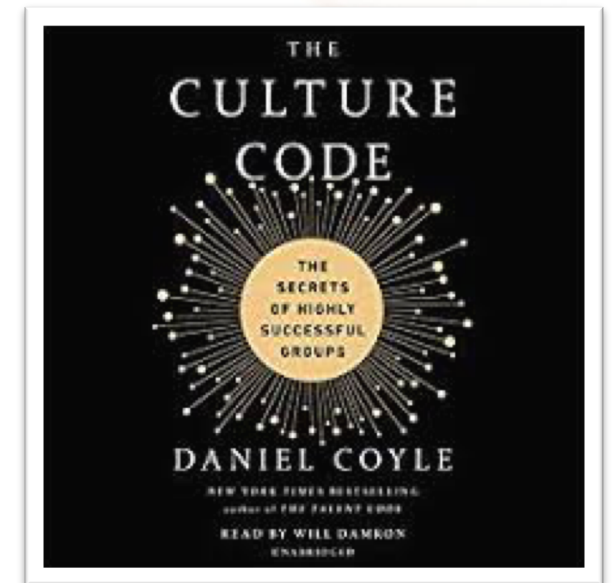
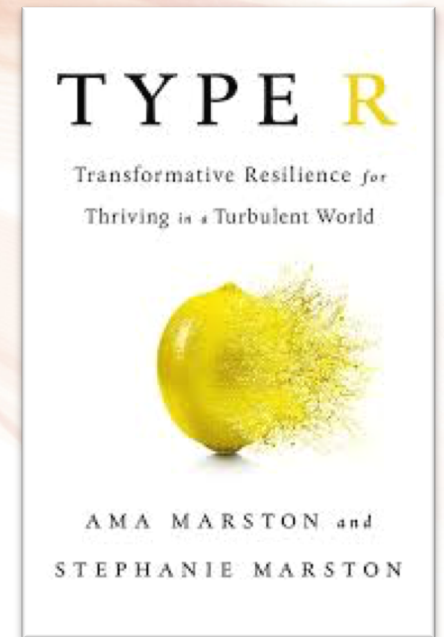


4. Accepting Negative Emotions > Avoidance

There is an enormous amount to be gained from digging into the more uncomfortable topics

Start with yourself first (journal, therapist, friend, etc)

Then progress to others or cultural issues





4. Accepting Negative Emotions > Avoidance

Learned from Miss Val

***“Anyone can tell you anything as long as it’s
honest and respectful”***

5. Lean In To Difficult Conversations

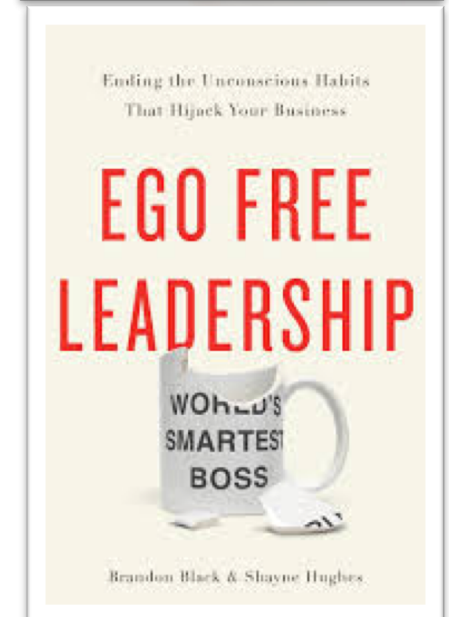
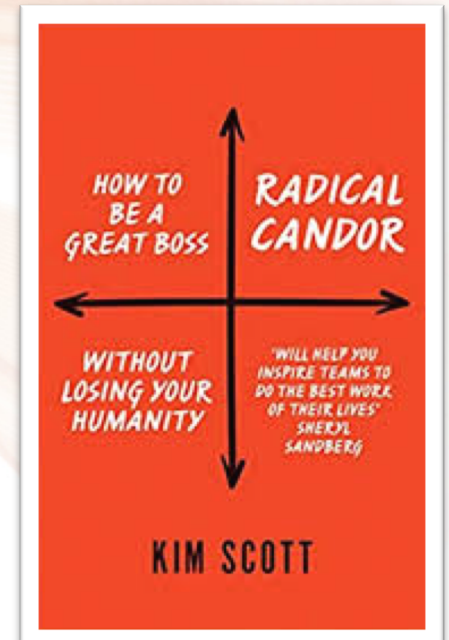
Directly related to #4

Far too many memories of detecting an uncomfortable conversation brewing, and avoiding it

Gymnasts...coaches...parents...friends...family...etc

The REAL root problems will surface if you just ask

Correct time, context, privacy matters



6. Make Time for Stillness

I struggled (and still struggle) with this a LOT

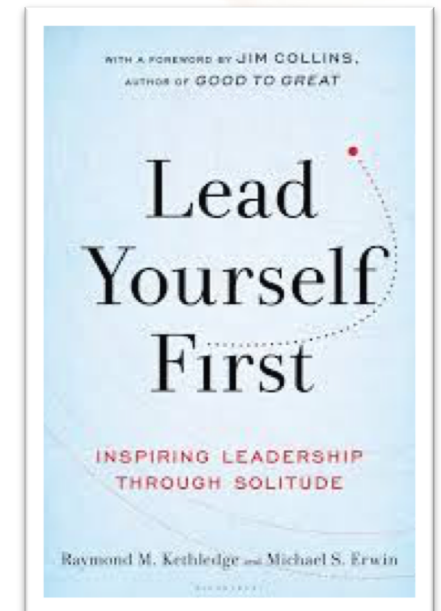
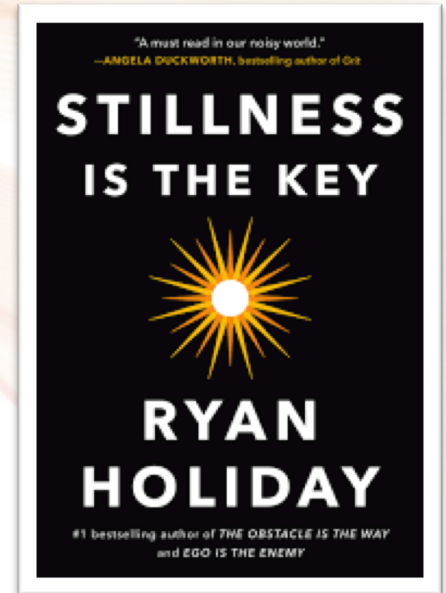
Early years working 80+ hours per week

Bluntly put : will not work long term

BUT okay in small spurts as needed

Journal, meditate, first hour, walks, read, etc

Can get more intense (Steve Jobs think week/weekend)



7. Embracing Vulnerability

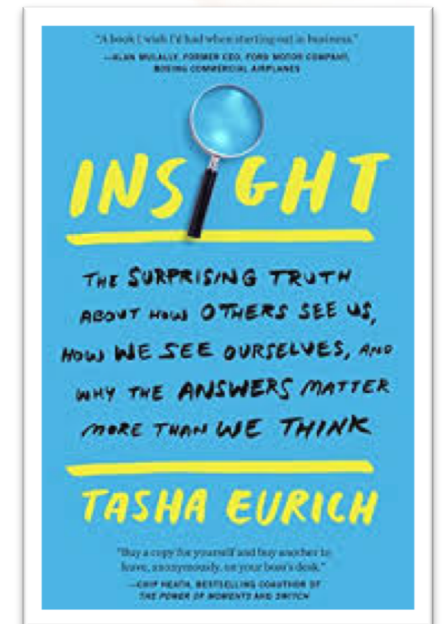
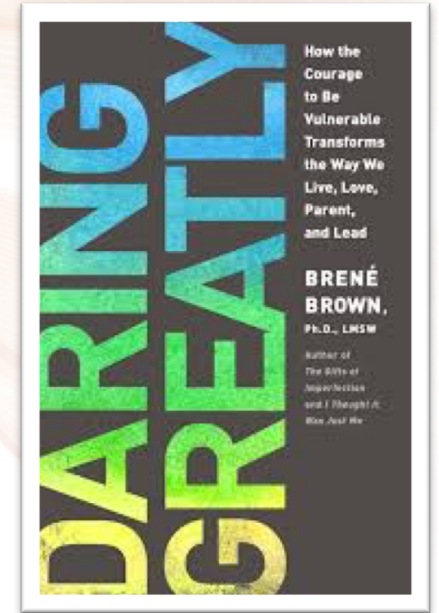
First read about this from Google's internal study of most productive employees and teams

Shared vulnerability and 'emotional think spaces'

Further confirmed by Brene Brown, NAVY Seals, research in social behavior of humans

'Micromoments'

1 on 1 chats, group meetings, week in review, etc



8. Commit to Value Based Habits/Microroutines

On a personal level first

- sleep, nutrition, exercise, hydration, space for reload

Then on a 1 on 1 level

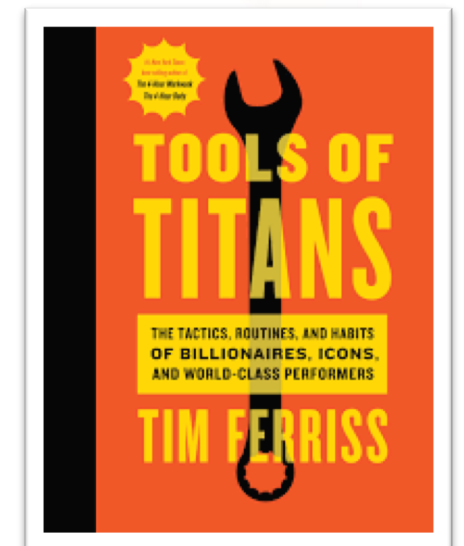
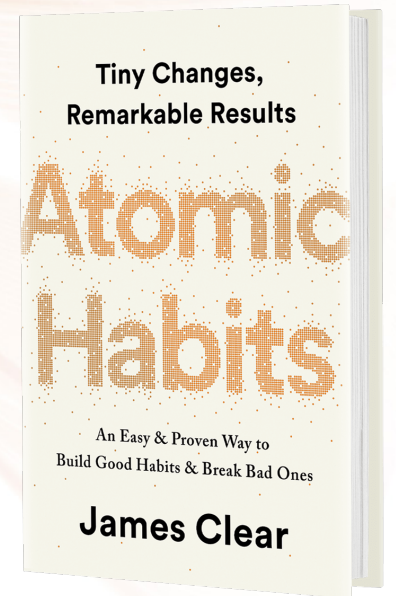
- conversation tone, pessimism vs optimism, presence/listening

Then on a group scale

- 'family rules' of gym, cultural and behavioral standards of gym

Then on a wide scale level

- Time/energy spend on priority, motivation sources, etc



9. Consciously Build An Better Environment

Famous quote of

‘you are the average of the 5 people you spend the most time with’

Consciously choosing

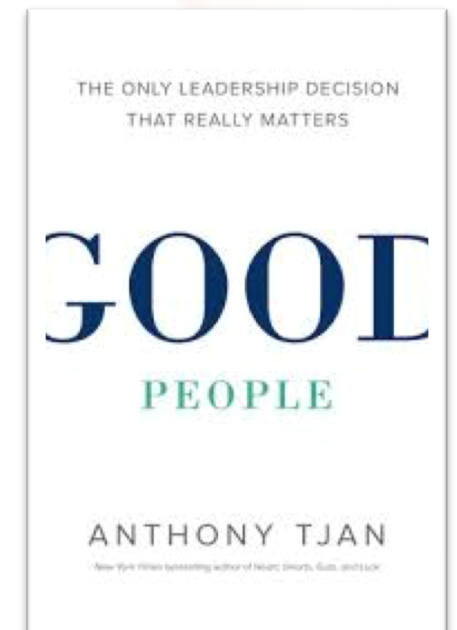
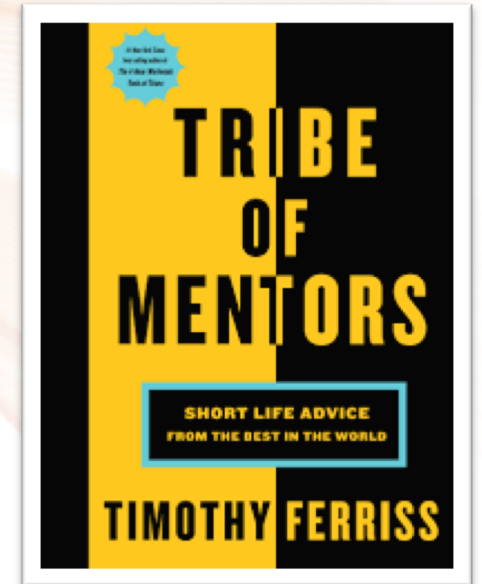
Who you do/do not spend time with

Where you do/do not spend time at

What habits you do/ do not adopt

If can't control the people, choosing *how much* time with them

The type of media and content you consume each day



**Questions?
Post in the Facebook group!
(Book List Online)**