



PURINA® PRO PLAN® SYMPOSIUM 2025

Integrative Approach to Gastrointestinal Health



Transforming Stress into Strength: Tips for Maximizing Your Potential in Challenging Times

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STRESS INTO STRENGTH

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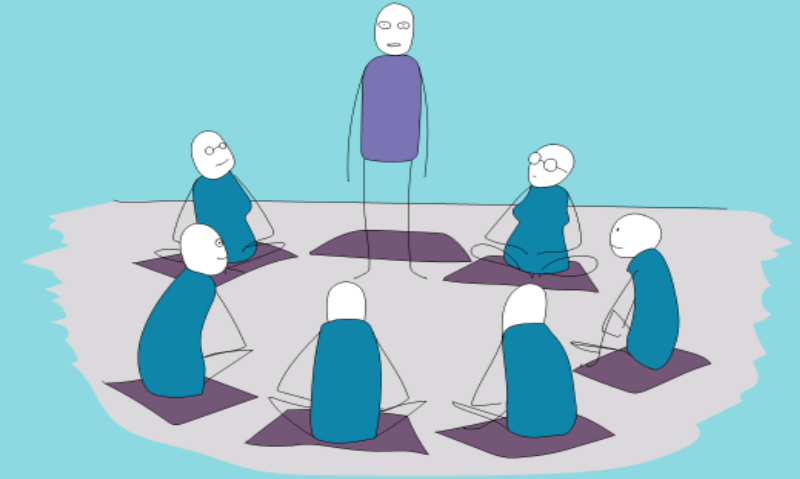
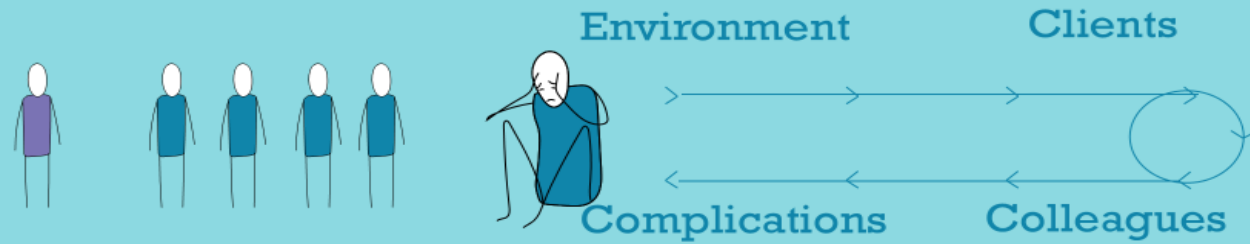


***“Happiness isn’t ready made.
It comes from your own actions”***

Dalai Lama

MEDITATORS ANONYMOUS

"My name is John and I haven't had a think
for 36 days"



Genetics

Life / work circumstances

Activites

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**Mental Wellbeing and
Positive Psychology for
Veterinary Professionals**

A Pre-emptive, Proactive and
Solution-based Approach



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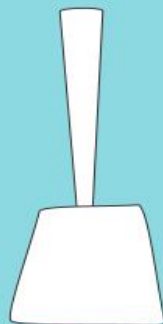
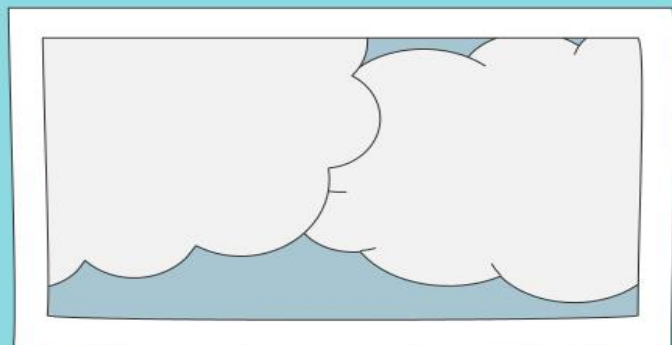
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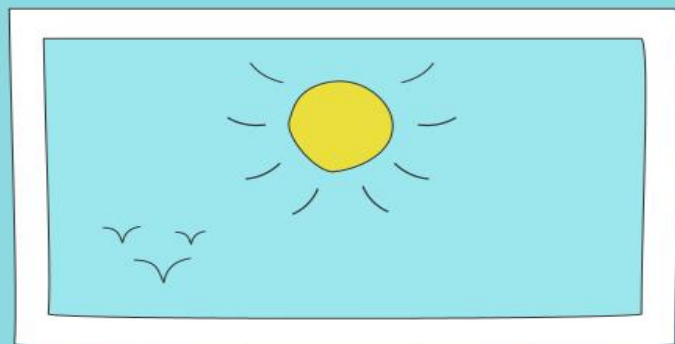


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HAPPINESS

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hard work ⇒ more success ⇒ happiness



HAPPINESS

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Happiness + hard work \Rightarrow more success



POSITIVE PSYCHOLOGY

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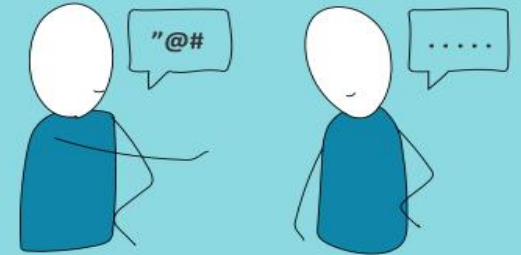
Optimism



Resilience



Self-compassion



Use of language



Optimism

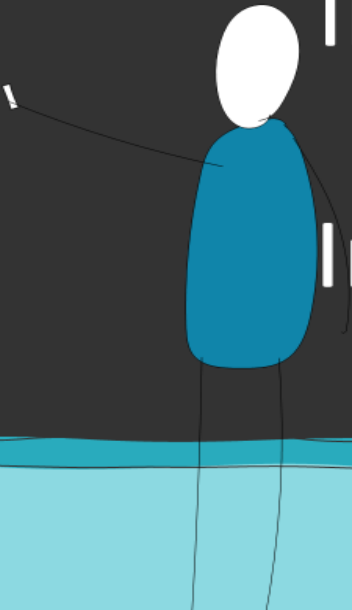
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OPTIMISM

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Improves task orientation
Improves problem solving
Improves perseverance
Improves decision making

Strutton and Lumpkin



Resilience

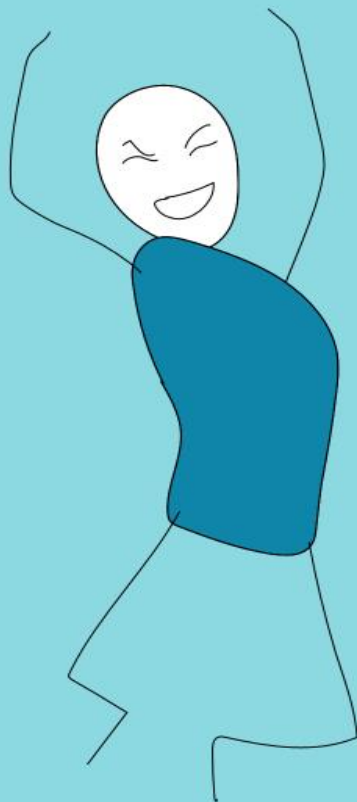
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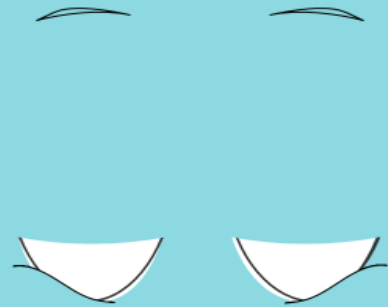


Noticing what's gone well

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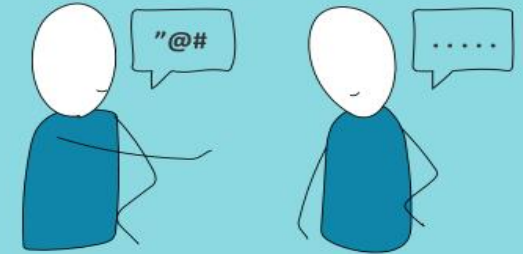
Optimism



Resilience



Self-compassion



Use of language



Self Compassion

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Language

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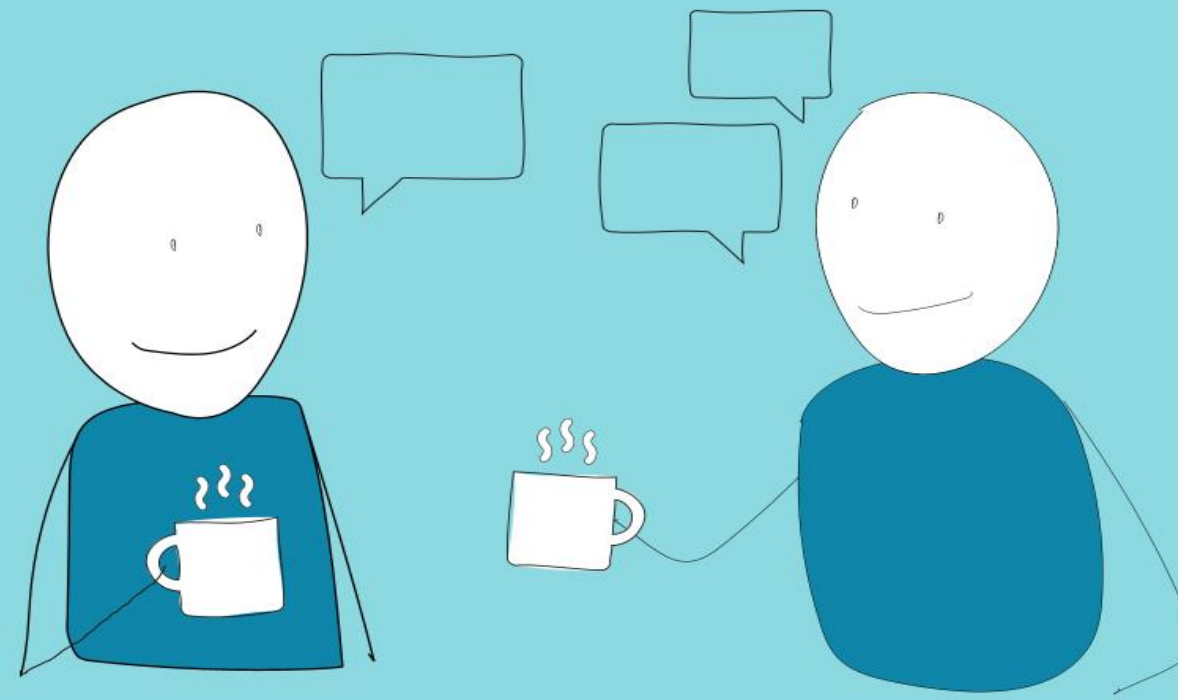
***“ But if thought corrupts
language, language can
also corrupt thought ”***

George Orwell



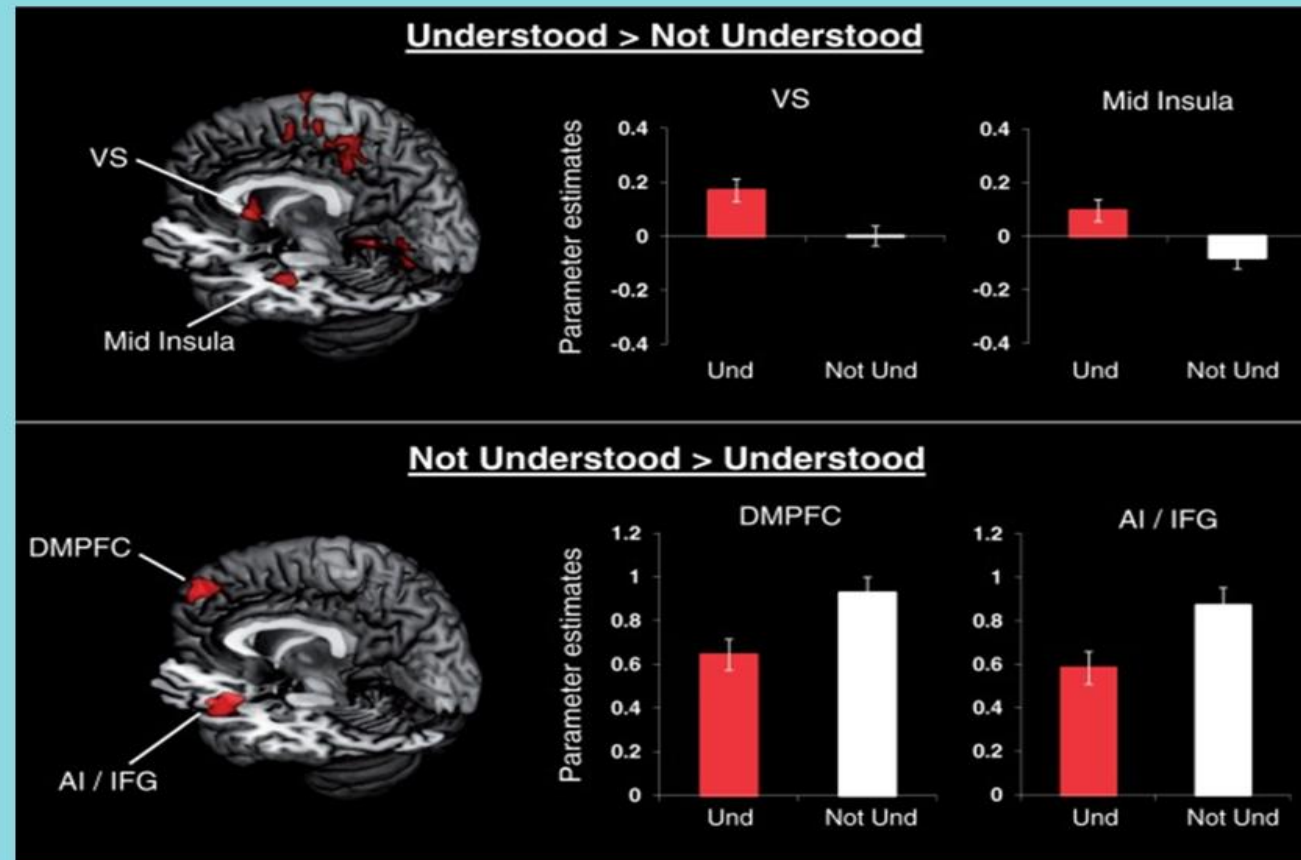
Our social connection

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*Feeling understood is as beneficial to our
mental state as is feeling loved.*

[“The Neural Bases of Feeling Understood and Not Understood”](#)
(*Social Cognitive and Affective [Neuroscience](#)* (2014), 9, 1890-1896),
an article by S. A. Morelli and others



Social connection is as accurate a predictor of mortality as is smoking, obesity and hypertension.



Holt-Lunstad J, Smith TB, Layton JB (2010) Social Relationships and Mortality Risk: A Meta-analytic Review. PLoS Med 7(7): e1000316. <https://doi.org/10.1371/journal.pmed.1000316>

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Thank you!