

4. Top tips for building resilience



1. Take deep mindful breaths

Focusing on breathing in and out, and noticing how your body responds to that focused presence, can help recharge your sense of vitality and bring you back into a more resourceful state.

2. Allow yourself to acknowledge and name your emotions

It's much more healthy to acknowledge extreme human emotions, recognising that they will pass, than to bottle them up and suppress.

3. Go for a walk

Even a short one to the car park! Take a run, if you can. Climb some stairs. It helps to get moving so that your body can expel the stressful emotions and chemicals, and release some more healthy endorphins into our system.

4. Listen to music

Create some playlists of your favourite music which will immediately transport you to happy, relaxed, and wonderful memories. The transformative effect is instant.

5. Remember a time when you were resilient in your past

Think yourself back into that experience of strength and confidence. Visualise it, breathe it in and notice those positive and life-enhancing memories and emotions bringing you renewed strength right now.

6. Do some physical exercise

Engaging your physical strength helps you to feel stronger emotionally. Free weights, squats, empowering yoga poses, Pilates moves; all can help you shift out of the anxiety you are feeling and reconnect with the positive power and strength in your body.

7. Keep communication channels open

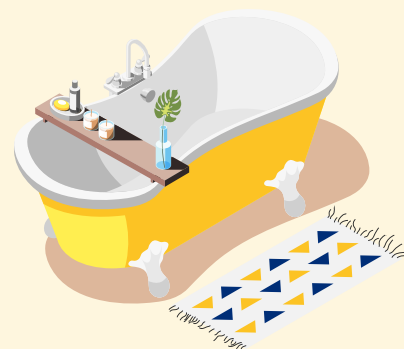
Especially with those near and dear to you. One of the key resilience competences is the ability to be able to create connections with others and act to reach out when you are feeling isolated or overwhelmed. No person is an island, and we are definitely in this together.

8. Take time off to recharge

Unplugging and stepping off the wheel of your doing can offer just the reset needed to re-find your centre. It is admirable, but foolhardy to run yourself into the ground because you are trying to care for everyone else. Learn to recognise when you are losing perspective and TAKE A BREAK! You can always call a coach to support you in stepping back.

9. Allow yourself the luxury of a bath, or a hot shower

And be completely focused on the experience in your body and the relaxing effect on your soul. This is YOU time. No thoughts other than pleasant ones allowed. Unwinding with a bath can help us decompress and relax back into our resiliency.



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10. Model what others do

Think of someone you know who you admire for their balance, calm and positive mindset in the face of adversity. We humans have evolved by modelling what works in others. Focusing on what it might feel like to behave as they do can conjure up additional resourcefulness when you need it.

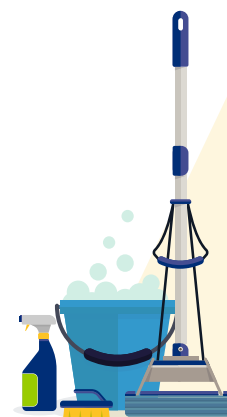
11. Meditation or prayer

When you feel particularly tested, take time out to connect with your inner self through meditation or prayer. Take yourself away from the noise and bustle for a moment to be quiet and turn your attention to what feels sacred and grounding in yourself.



12. Go about the ordinary tasks of the day

This is one of those times when doing the ironing, the Hoovering or even cleaning the fridge out can settle and distract us from other worries. There can be comfort in the familiar daily routines.

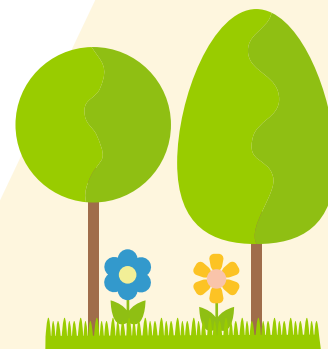


13. Take a walk in nature if you can

It is so refreshing to get outside, clear your mind, notice the season changing and feel the sun and wind on your skin. We are human animals; we feel better when we are connected with the natural world.

14. Write in a journal

Writing down our thoughts and feelings can help us make sense of what's going on and appreciate that life's challenges are also opportunities for growth and learning.



15. Be kind to others

We are all in this together, and compassion for others can have a huge benefit on their sense of wellbeing, as well as your own. Sometimes, the best way to reconnect with your own sense of agency is to support someone else by offering kindness and compassion.

16. Have compassion for yourself

Sometimes, the quickest way to reconnect with your resilience is to recognise that it's okay to be vulnerable, tired and emotional. Whoever said that you had to be perfect, be strong, please people, hurry up and try hard all the time? None of us are perfect!

17. Take action

When you're feeling overwhelmed and stuck, it can help to identify just one concrete step you can take to improve your situation and help you get moving again.



18. Remember you're not alone in your experience

Others also feel vulnerable and overwhelmed from time-to-time. We are all in this together, and we can be much more resilient when we understand that we are all human beings trying to get through this as best we can.

Referenced from Karen Horneffer-Ginter PhD

