



## THE HABITS OF RESILIENT PEOPLE

*RESILIENCE - THE CAPACITY TO BOUNCE BACK*

### HEAD - TOOL: FOCUS EXERCISE

- Identify stressors as they are happening and problem-solve to find solutions
- Value and are curious about resilience – think and learn about their own well-being and are always adapting their wellbeing routines
- Reframe difficult thoughts and assumptions, asking “what’s the lesson in this for me?” or “what will I do differently next time?”
- Plan for resilience – build buffers into their schedule and make time for self-care
- Nurture their capacity for active (not passive!) focus – limit technology, spend time every day focusing without interruption (e.g. meditation, craft, hard-copy reading, being in Nature, play sport or exercise)

### HAND - TOOL: RESILIENCE - MY DAILY ROUTINE (TEMPLATE)

- Are willing to take responsibility for their own challenges and their own self-care – even when it means disappointing others or working through resistance
- Are resourceful in finding help or offering help others if needed (and to say “no” to others if needed)
- Prioritise their physical needs – yes to diet, sleep and exercise; limit alcohol, caffeine and sugar
- Provide themselves with a pleasant physical environment

### HEART - TOOL: SEDONA METHOD FOR EMOTIONAL RELEASING

- Are “happy to be me” - know, or are looking for, their unique gift; live according to what they love, what they value, what brings them joy and fun
- Nurture healthy social connections based on mutual support, interests, commitment and values
- Have well-developed empathy skills (“that sounds hard”/“I’m so happy for you”)
- Have good contact with, and can release, their emotions (especially difficult emotions and lingering hurts)

### RESOURCES:

Daniel Goleman – Emotional Intelligence: Why It Can Matter More than IQ

The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles by Karen Reivich and Andrew Shatte Ph.D. (Author)

The Sedona Method – techniques for emotional releasing <http://www.sedona.com/Home.asp>

Mindfulness: A Practical Guide to Finding Peace in a Frantic World [With CD (Audio) Paperback – International Edition, May 1, 2011 by Mark Williams and Danny Penman

Short TED talk: Power-of-Resilience by Sam Goldstein PhD