

Resilience Builder

1. Recognizing your stress.
 - Do you feel stress in your body? Where?
 - What bad habits do I engage in when stressed?
2. Build a diesel engine (or a super bad-a** Lithium-ion battery!!).
 - What small changes can I make to improve my health?
 - What's one thing you will implement in the next 48hrs?
3. Calm the heck down. Grow the heck up...mostly!
 - My list of things I can do at work (when working) to relax.
 - My list of things I can do at home to relax.
 - Mindfulness / Meditation.
 - Engage the senses:
 - Tactile (Soft, smooth, course, etc... fidgeting can distract positively)
 - Smell (Fresh air, chapstick, rain, coffee, etc.)
 - Visual (Look out of the window, photos, nature, pets)
 - Auditory (Listen to music, listen to sounds of nature)
 - Taste (Mint, tea, flavored water, fruit, etc.)
4. Play to your strengths.
 - Remind yourself of how you overcame a difficult time.
 - What strengths did I use?
 - How can I apply this strength now?
5. Mind for gold.
 - Identify sources of humor or joy (even the ridiculous..!)
 - Express gratitude, visit someone, or write a letter.
 - List 3 things I did that were within my control that were positive today.

6. There is a reason why you do all of this... Isn't there?!?
 - What kinds of activities do I find meaningful?
 - Do I have a plan to do (or get back to) those activities?
 - Identify where/how I shine at work, home, play.
 - Am I able to work toward those ends?
7. Go down the rabbit hole.
 - Ask: What is the worst that can happen and can I survive it?
 - If I can't let something go... write about it a couple of times over two weeks for about 15 minutes each time. Notice how the story changes or my perspective becomes more precise.
 - What advice do I give to others that I do not follow?
8. Who is in your crew?
 - Make it a point to connect with friends and family regularly.
 - Identify who has a vested interest in your success/well-being at work, home, and play.

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