

Break > Bend > Thrive

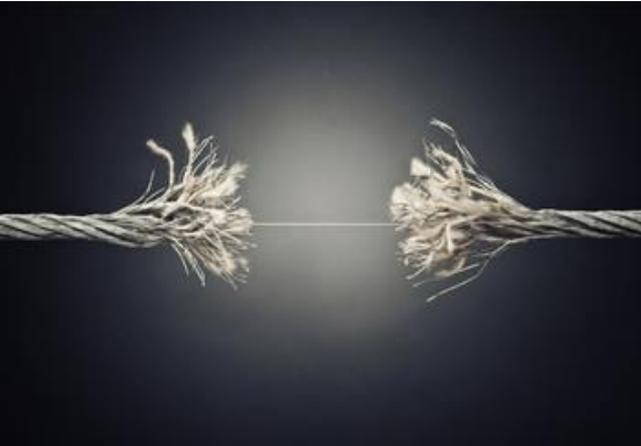
*Boosting Your Resiliency Skills
with Practical Solutions*



PULSE CHECK

How Are You Doing ?

BREAKING



BENDING



THRIVING



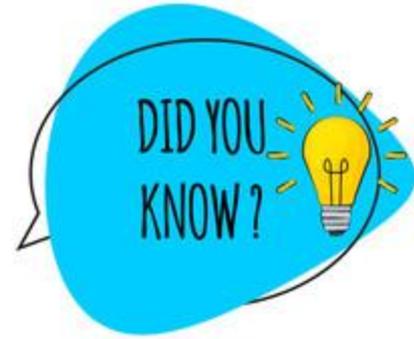
UNDERSTANDING RESILIENCE



“Resilience ... is about how we acknowledge, respond to, and rise above chaos, and how we act on the other side of that disruption.”

Kevin Sowers,
President of Johns Hopkins Health System and
Executive VP of Johns Hopkins Medicine

HERE'S WHAT WE KNOW

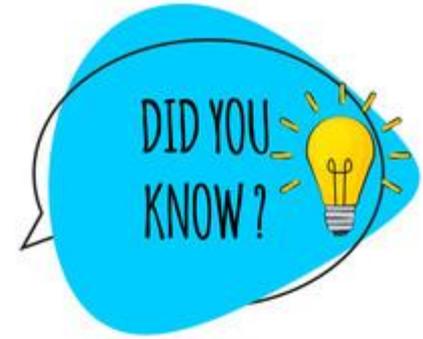


Our Resilience is at Risk !!

Only about 40 percent of adults surveyed are considered highly resilient, meaning 60 percent of the population is at risk of not being able to quickly recover from challenges and cope with adversity

Cigna Resilience Index 2020- US Report

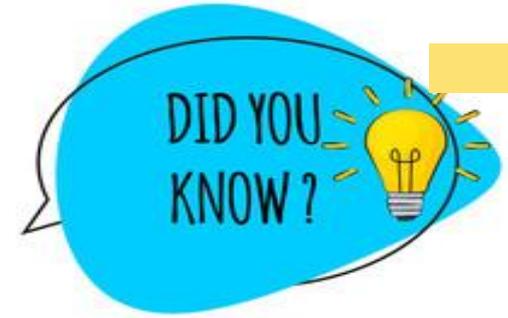
HERE'S WHAT WE KNOW



Resilience correlates with physical and emotional well-being, better focus, deeper relationships, and success at work.

Resilience isn't a fixed trait that can't be changed. With practice, you can grow your resilience.

HERE'S WHAT WE KNOW



A person may be resilient in some situations and with some type of stressors, but not with other stressors.

Resilience has many paths and colors. Resilience emerges from an integration of a person's inner strengths and outer support



Five Practical Strategies & Solutions

For You

➤ Take Stock

- Identify Your Stressors & Stress Responses
- Understand Your Triggers
- Remember Your Why/ Uncover Your Purpose



Build A Toolkit

Identify Strategies to Address:

- Spiritual
(Prayer/Meditation/Faith)
- Physical (Sleep, Exercise
/Nutrition)
- Emotional/Mental: Therapy/
Mindfulness



➤ Establish A Support Committee

- Do I have support at home and at work?
- Where Do I Have Gaps?
- Who's Under Your Umbrella?
- Who's Your Raincoat?



➤ Practice Mental Agility

- Demonstrate a willingness to learn , unlearn and relearn...again and again
- How are you taking charge of your brain?
- Are you Focused, Fatigued & Fearful?



➤ Respond, Don't React

- Are you acting on emotions or logic?
- Respond: Deliberate and reasoned thinking – calm + occurs more slowly
- React: Immediate and emotionally charged actions (done without thinking) that can produce stress



***You only control 4 things**

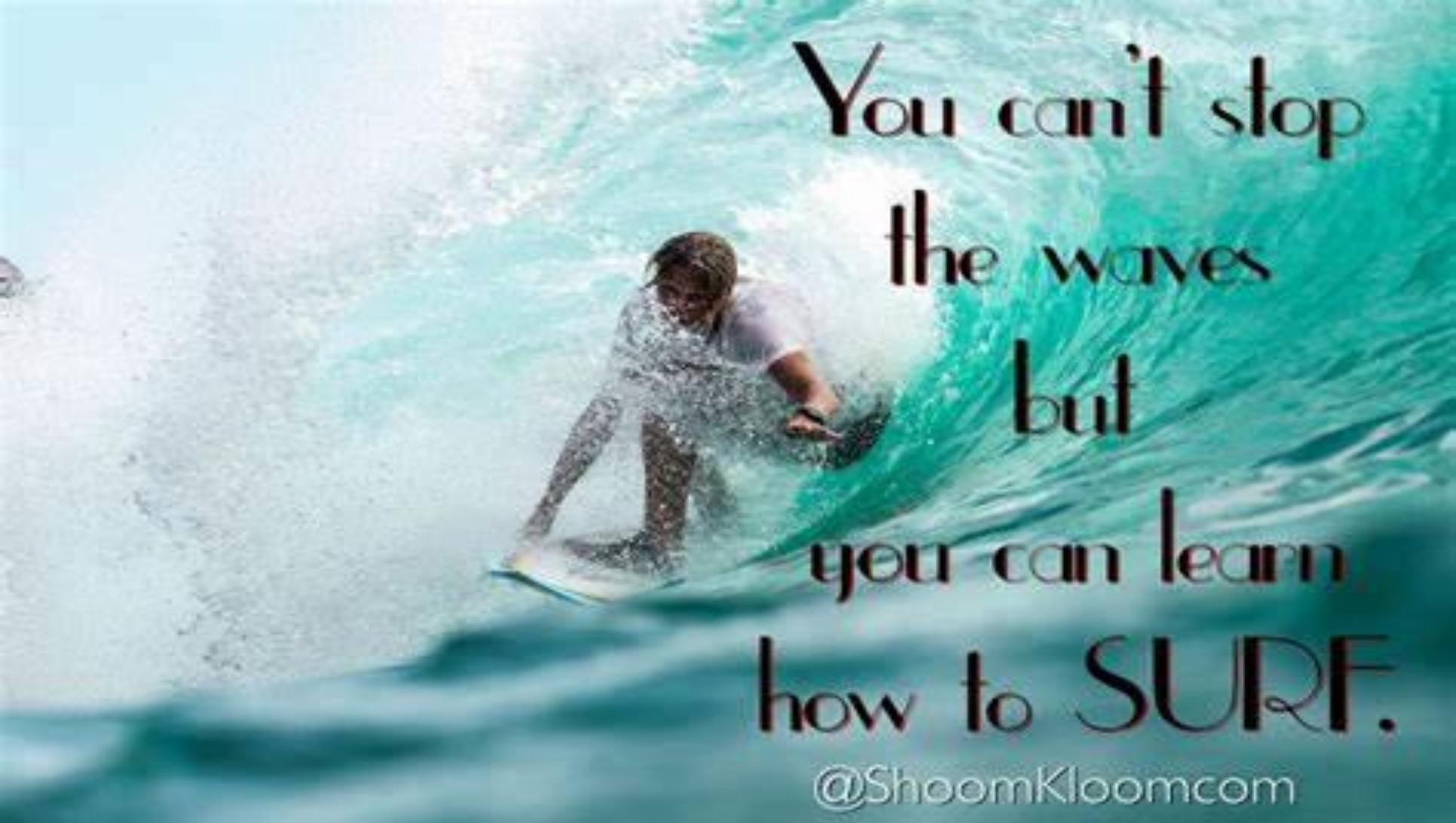
Boosting Your Resiliency Skills with Practical Solutions



RESILIENCE



The ability & tendency to:
adapt to just about any situation,
to **bounce back** from the
challenge or uncertainty, **to grow**,
to get even **stronger** and if that
were not enough to **THRIVE** .

A person is surfing on a wave, splashing water. The text is overlaid on the right side of the image.

You can't stop
the waves
but
you can learn
how to SURF.

@ShoomKloomcom

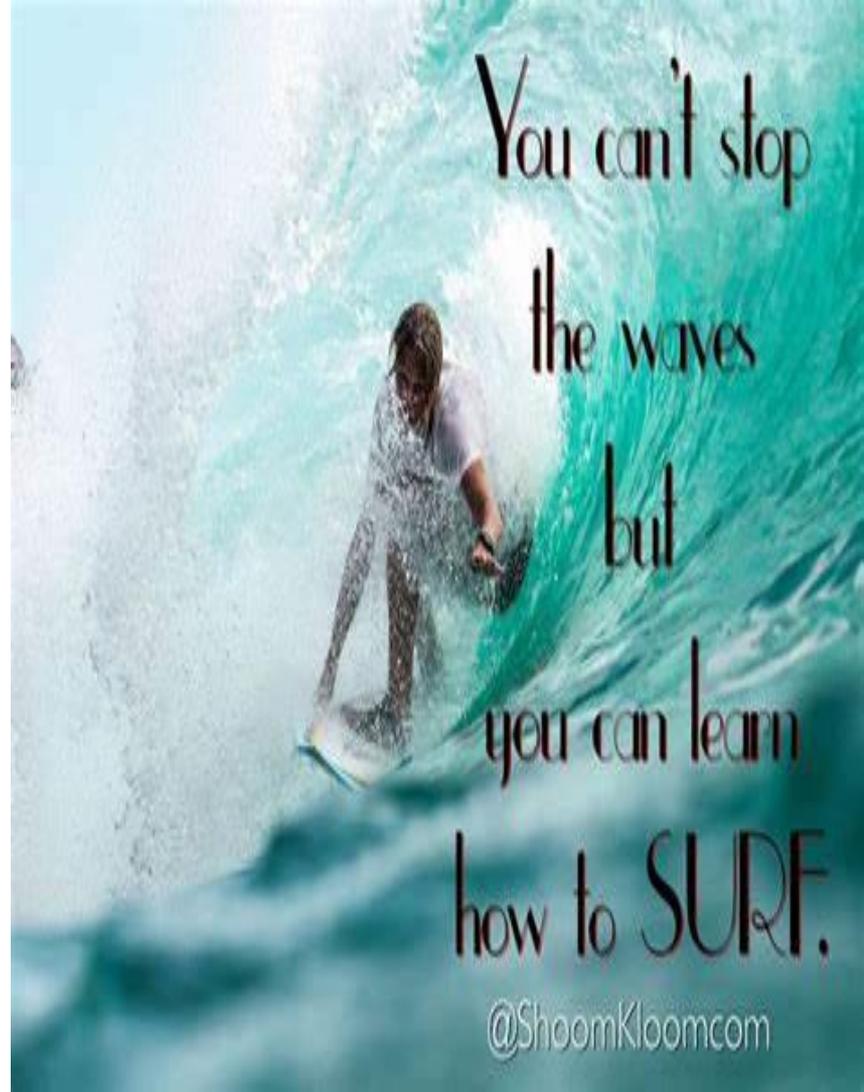
Things to note about surfers & waves



LEARN to SURF

5

STRATEGIES



@ShoomKloomcom

#1: ACKNOWLEDGE & RESET

If I don't ACKNOWLEDGE & RESET now, when will I do it?



How I did it?



**WHAT WILL YOUR
ACKNOWLEDGE & RESET LOOK LIKE?**

#2: BUILD YOUR LONG TERM & BEYOND NETWORK

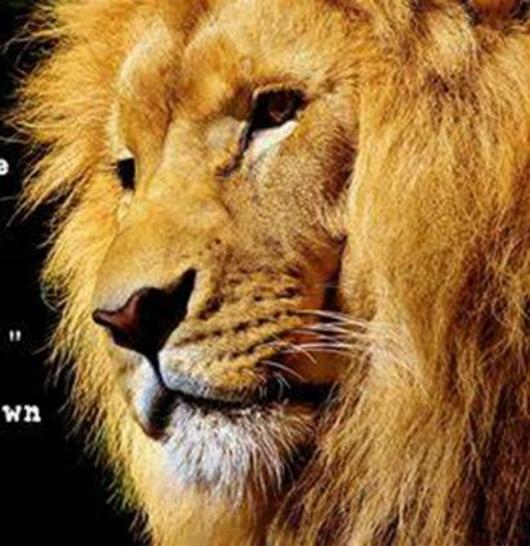
BENEFITS:

- Help you develop & improve your skill set
- Get updates on the latest trends in your industry
- Keep a pulse on the job market
- Meet prospective mentors, partners, & clients
- Gain access to resources which can help your development.

How I benefited....

- Provided me with a *24/7* sounding board
- Helped me to become a *skillful* negotiator
- Reminded me that *failing is ok* & that perfectionism is overrated
- Added more *laughter and joy* to my life
- Gave me *opportunities* to leap, learn and excel
- Shown me that *NOT all setbacks* are not bad
- Taught me the value of being an *expert* at something , *is a big thing*

How do YOU start?



"Ask for help,
not because you're
weak, but because
you want to
remain strong."

- Les Brown

www.mysoberashes.com

- Purposefully determine who you need in your network.
- Have a clear understanding of what categories you would like to improve
- Engage in activities that will deepen your relationships

#3: DEVELOP A POSITIVE ATTITUDE



"A POSITIVE ATTITUDE
gives you **power** over your
circumstances instead of your
circumstances having power
over you." - *Joyce Meyer*

Here's what you can do....

- *Begin with the end in mind*
- *See things for what they are and not worse than they are.*
- *Have a grateful outlook*
- *Do not give negative thoughts too much real estate in your head*
- *Socialize with more positive people*
- *Create affirmations for yourself that create your reality.*



#4 DETERMINE YOUR END GOAL & MAINTAIN A FOCUSED MINDSET

After the uncertainty or adversity clears up what do you want for

YOU?



Here's what you can do....

- *Reduce the noise*
- *Treat it like a Project*
- *Establish a routine*
- *Be clear about your WHY*
- *Regroup and go again*



#5 STRENGTHEN YOUR ADAPTABILITY MUSCLES!

“Adaptability equips you to handle uncertainty and turmoil.

It empowers you to turn adversity into opportunity. And it makes you the person you want to become in the short and the long term.

If you want to thrive in today's dynamic world, it's an essential skill.”



Train yourself to:

- 1. EMBRACE LEARNING AND UPSKILLING-** *Always be in learning mode, read, listen, act and grow*
- 2. CHANGE YOUR THOUGHT PROCESS-** *be open minded, curious, flexible and more importantly see solutions and opportunities.*
- 3. PLAN AHEAD**
- 4. STEP OUT OF YOUR COMFORT ZONE-** *this is where you achieve the most growth*



WRAP UP...

1. **ACKNOWLEDGE & RESET**- don't be afraid to process the difficult experiences or feelings .
2. **BUILD YOUR LONG-TERM & BEYOND NETWORK** - let the strength of your network increase your bandwidth
3. **KEEP A POSITIVE ATTITUDE**
4. **DETERMINE WHAT IS YOUR END GOAL & MAINTAIN A FOCUSED MINDSET** – remain clear in mind and purpose.
5. **STRENGTHEN YOUR ADAPTABILITY MUSCLES!**
"it is not the strongest of the species that survives, nor the most intelligent. it is the one that is most adaptable to change." - Charles Darwin



Flex your Resiliency Muscles!

EXERCISE

1. TAKE STOCK:

What are Your Stressors & What are Your Stress Signs? Why do you do what you do?

2. STRENGTHEN YOUR ADAPTABILITY MUSCLES:

- Think of a difficult event\situation you've experienced. Then I would like you to ask yourself, **what could I have done to be more adaptable in that situation?**
- Think of a current event\situation. Now ask yourself, **what can I do differently to be more adaptable?**



Flex your Resiliency Muscles!



WORKSHEET