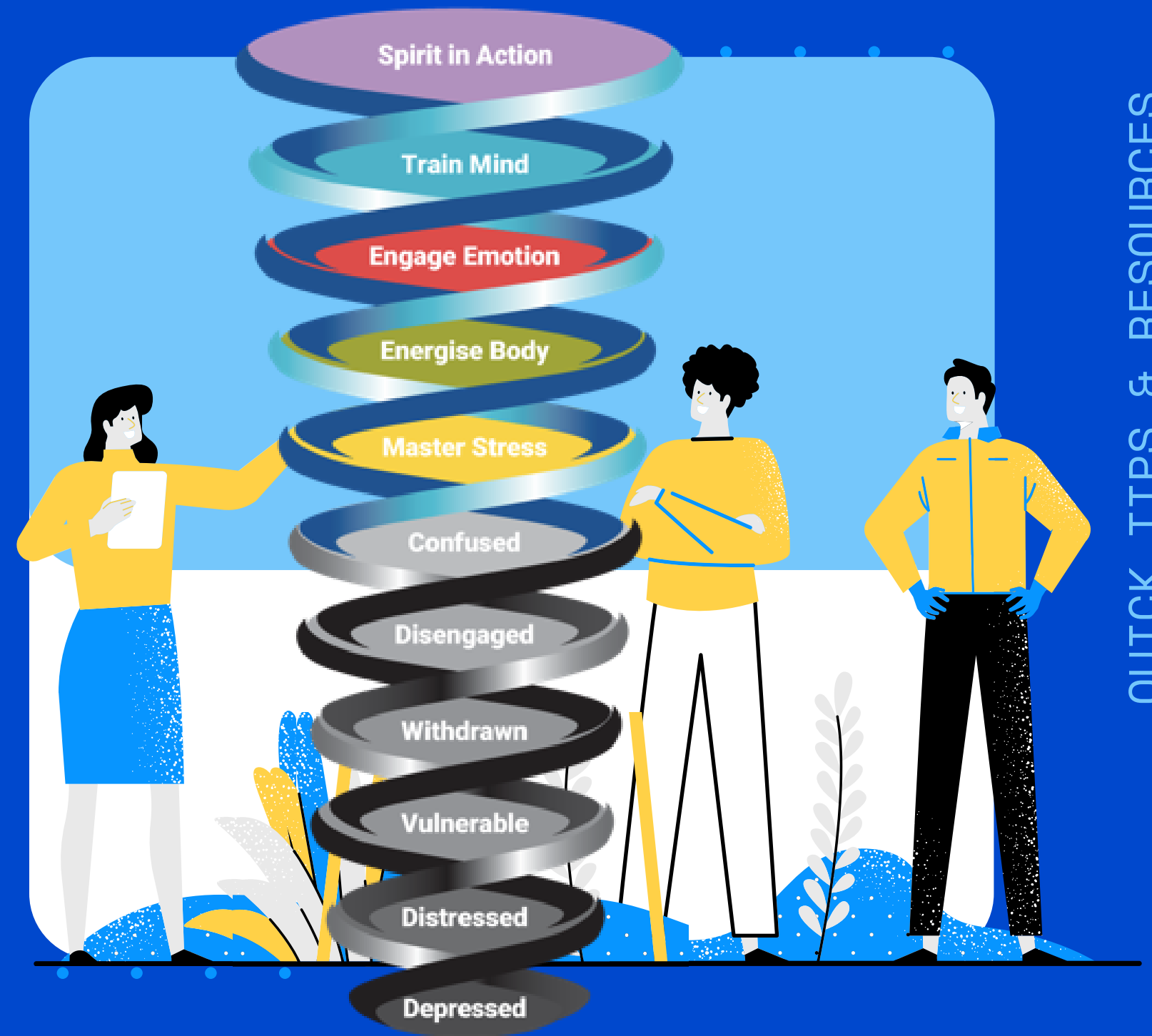


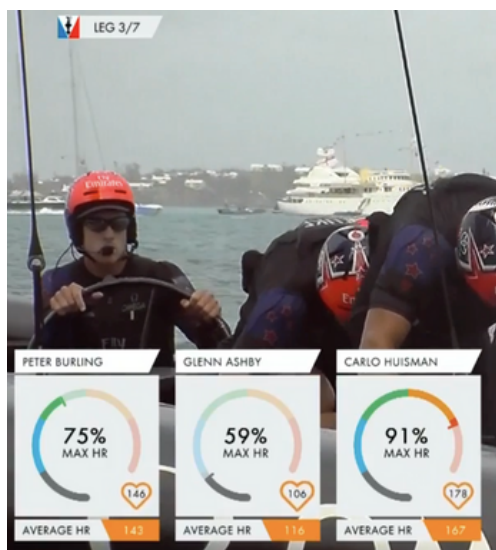
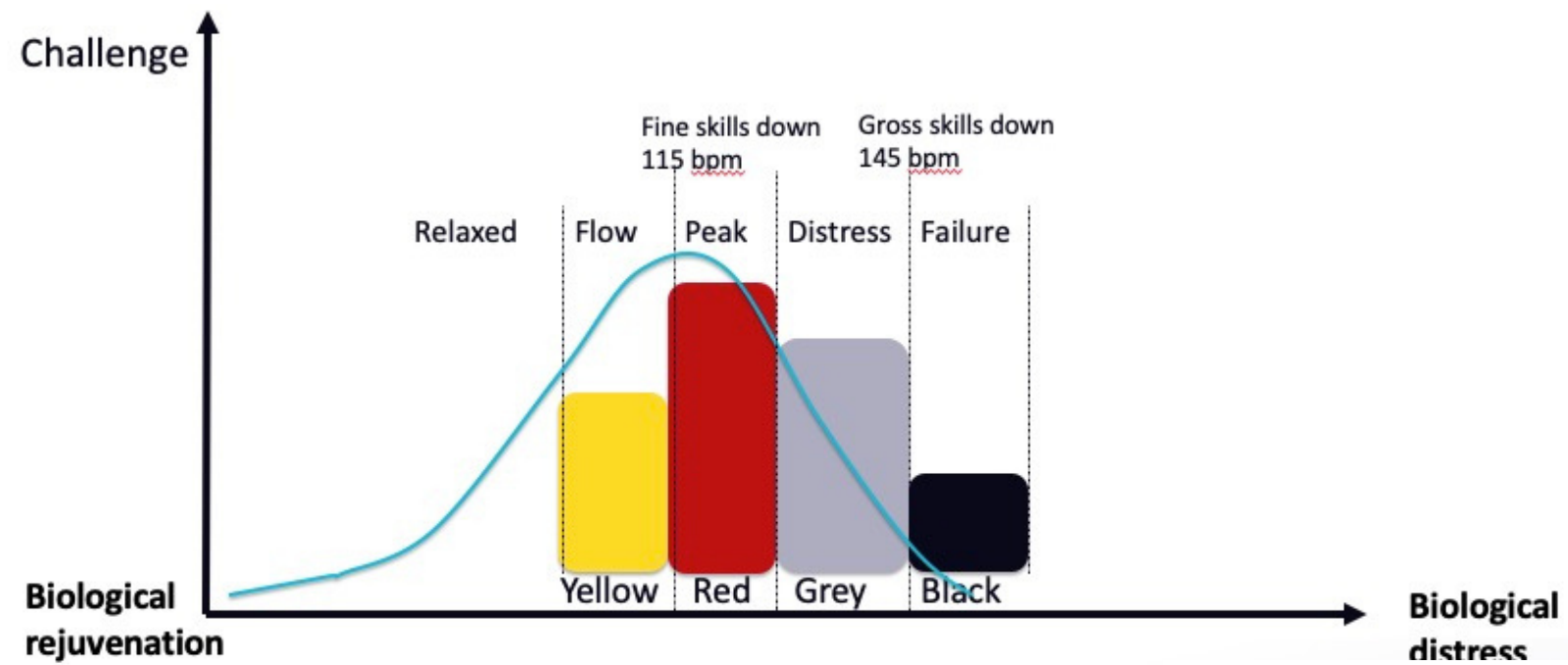
Resilience training

Quick tips and highlights

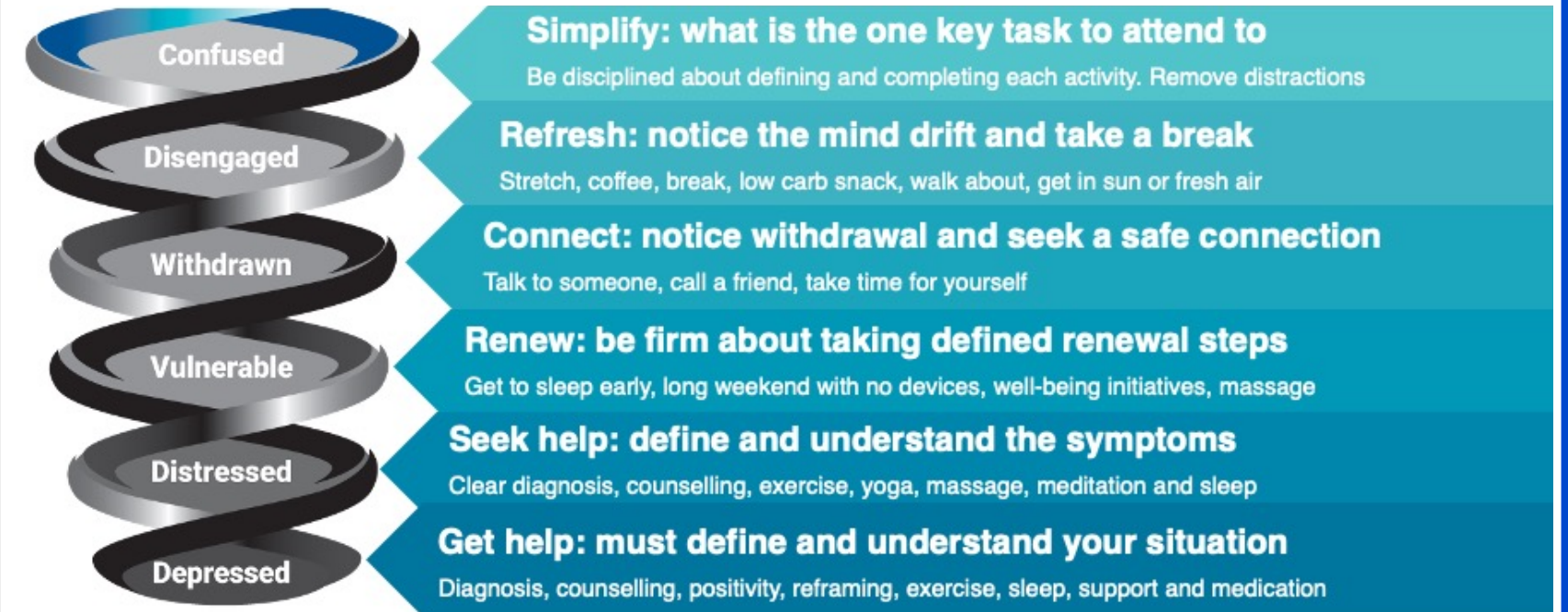


QUICK TIPS & RESOURCES

Our bodies respond to the challenges we encounter in life. Remember the zebra - it activates fight flight mode in short bursts. How is your body responding?



Most of us bounce forward. The goal of resilience is rapid bounce. This happens when we recognise the downward spiral and take action quickly.

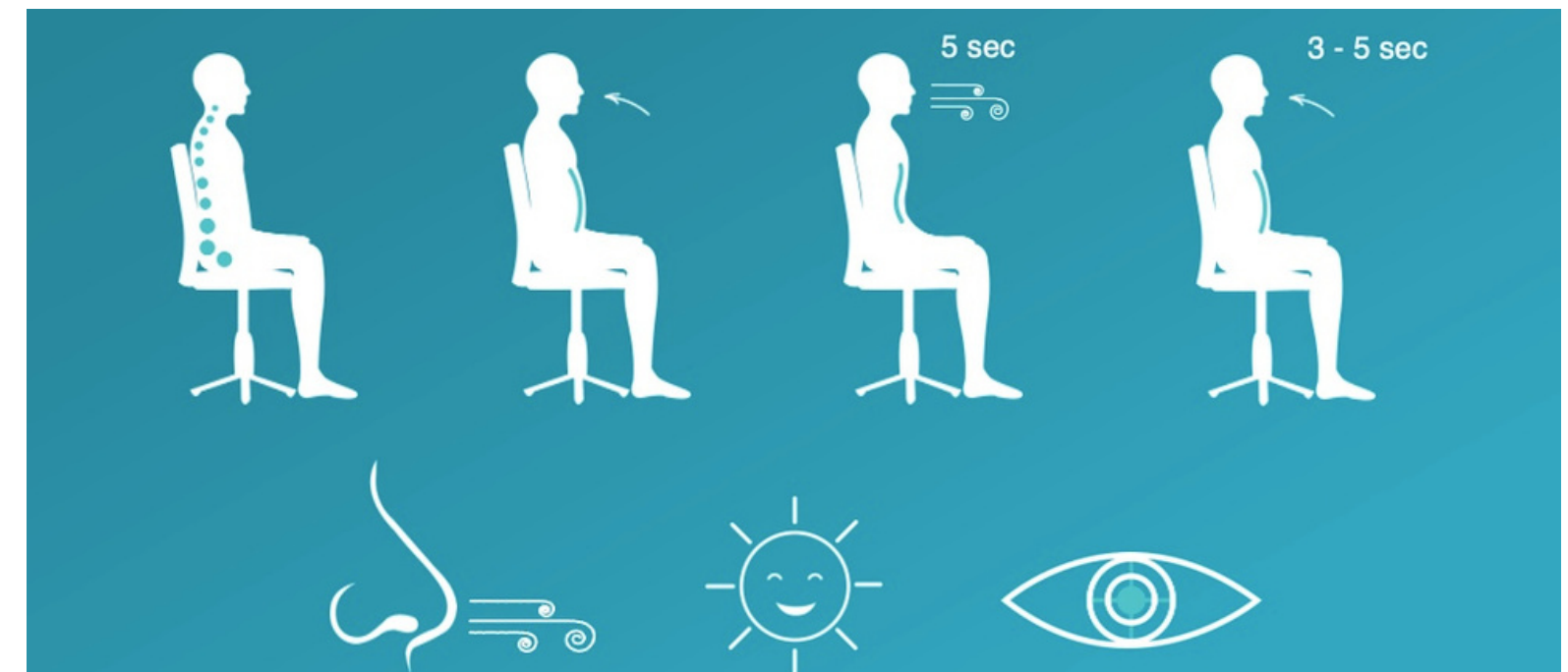


Can you identify thought patterns, emotions and physical signals of a downward spiral?

Even a minute or two in a power pose can reduce our cortisol levels and boost assertiveness. Why not strike a pose right now?

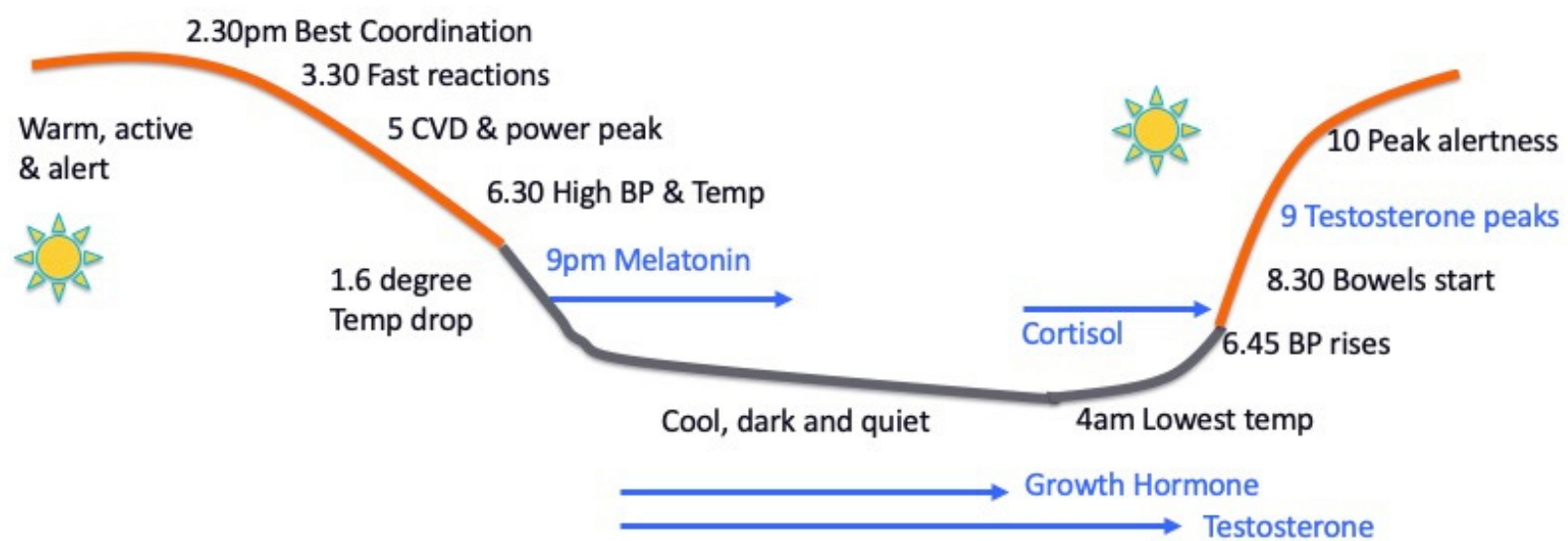


Learning to recognise and stabilise body and emotions allows us to be safer and more effective in challenging moments. Exhale for 5 seconds, pause, inhale for 3. Repeat as necessary.



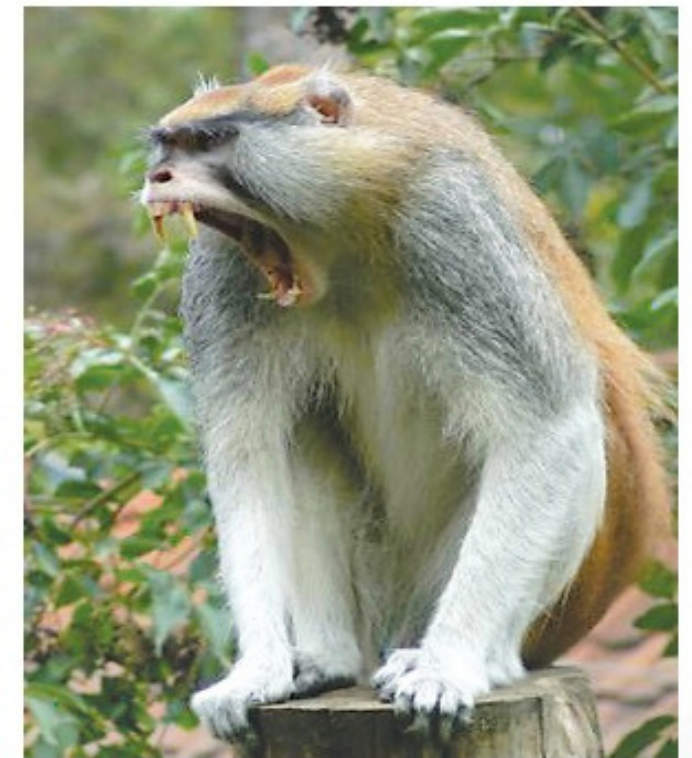
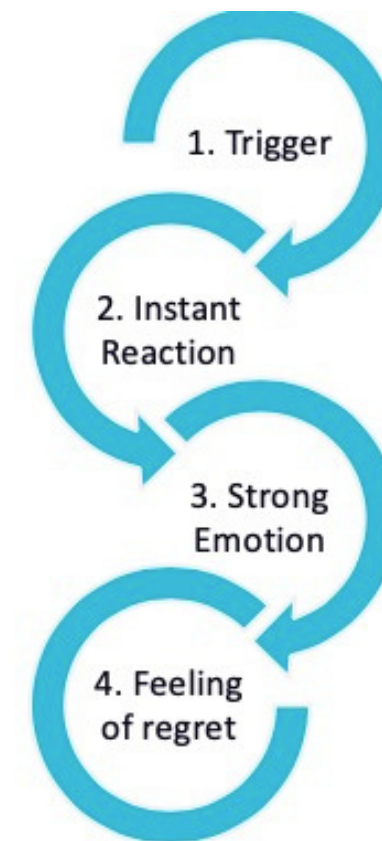
Schedule a micro-break for relaxation. It is great for body, emotion and mind.

Reduce exposure to bright lights in the evening and track sleep cycles using an app or wearable device. Try to establish regularity in your sleep routine.



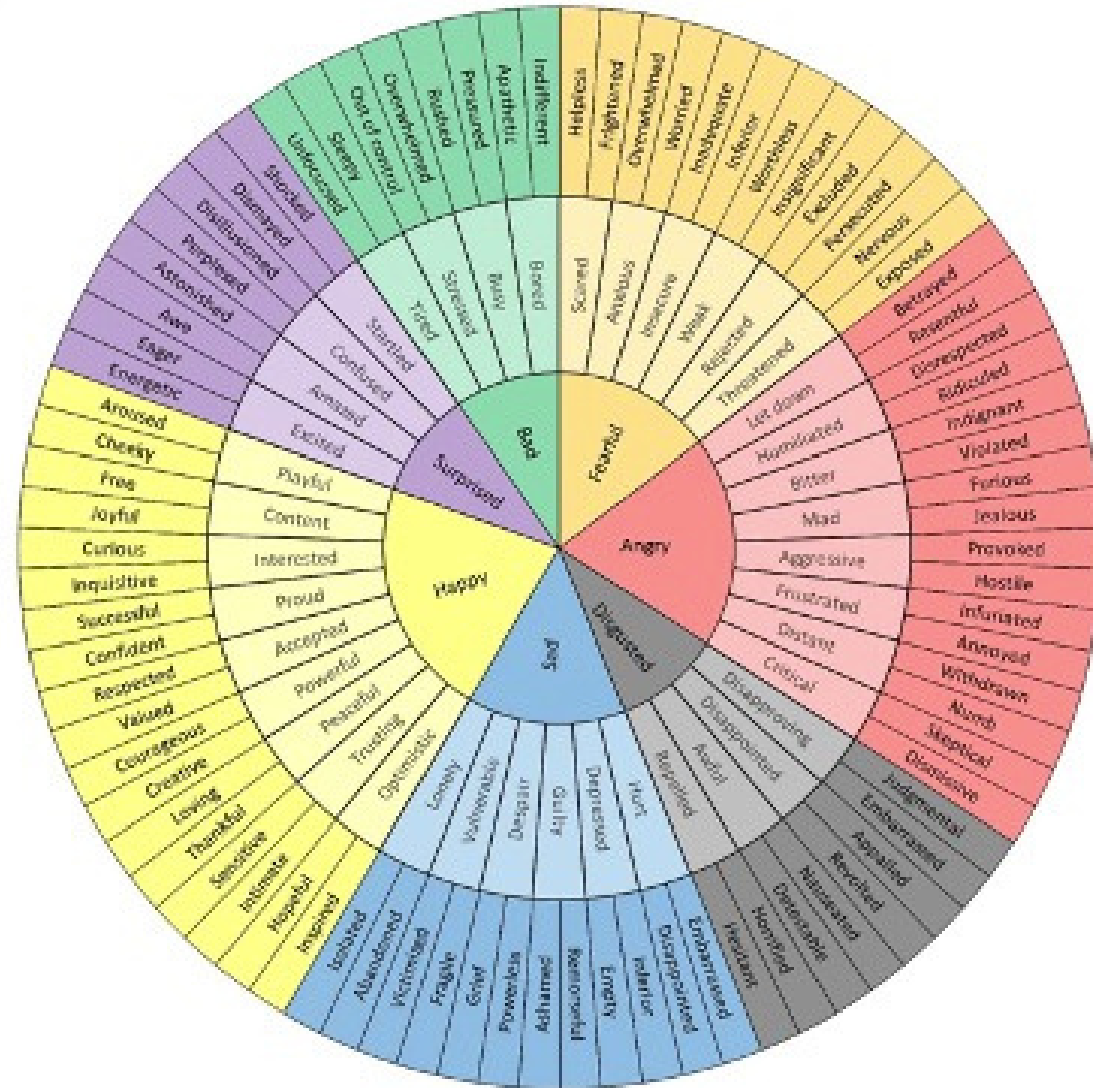
Prioritise sleep. It will improve focus, emotion regulation and ability to deal with change.

Remember the amygdala responds quickly to perceived threats. Take calming action and learn how to respond steadily. Lack of impulse control can lead to regret.



Fact check your emotion. Can you pause, breathe out and respond calmly?

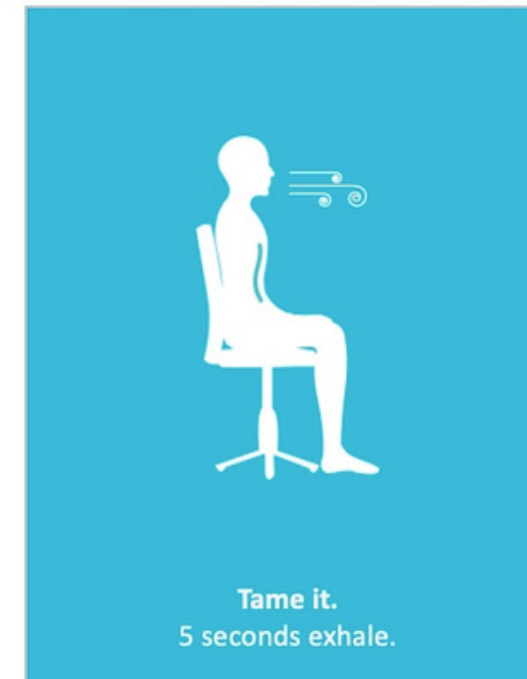
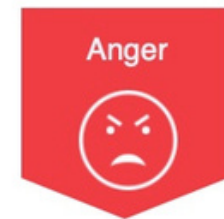
Notice your emotions and describe clearly how you feel. This is called emotional literacy.



Remember the negativity bias - we tend to drift towards negative thoughts.

Describe emotions clearly, for example "I am feeling _ because of _." Can you name, tame and reframe a negative emotion?

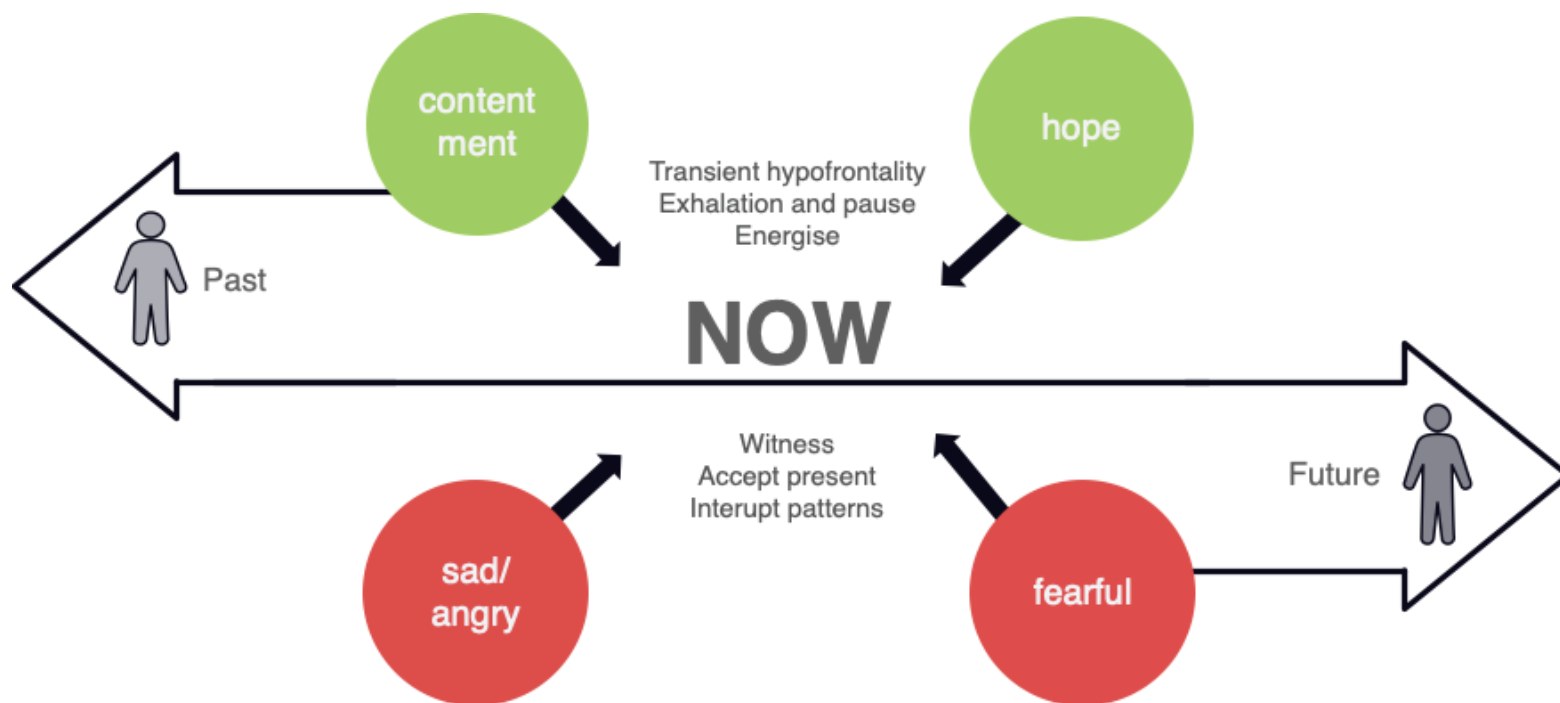
Name it.
I am feeling annoyed because of this behavior.



Reframe it.
Why am I feeling this way? What are my options? How is the other person doing?

Positivity improves all aspects of life. Enjoy good experiences and reframe challenges.

In a world full of distractions it can be difficult to focus on what is important. Notice where thoughts drift and gently bring them back to the present.



Create clear lists, don't multitask. Try meditating for a few minutes each day.

FOCUS

Can you create the conditions for your high-performance zone? Set aside 60-90 minutes, choose a specific task and minimise distractions.



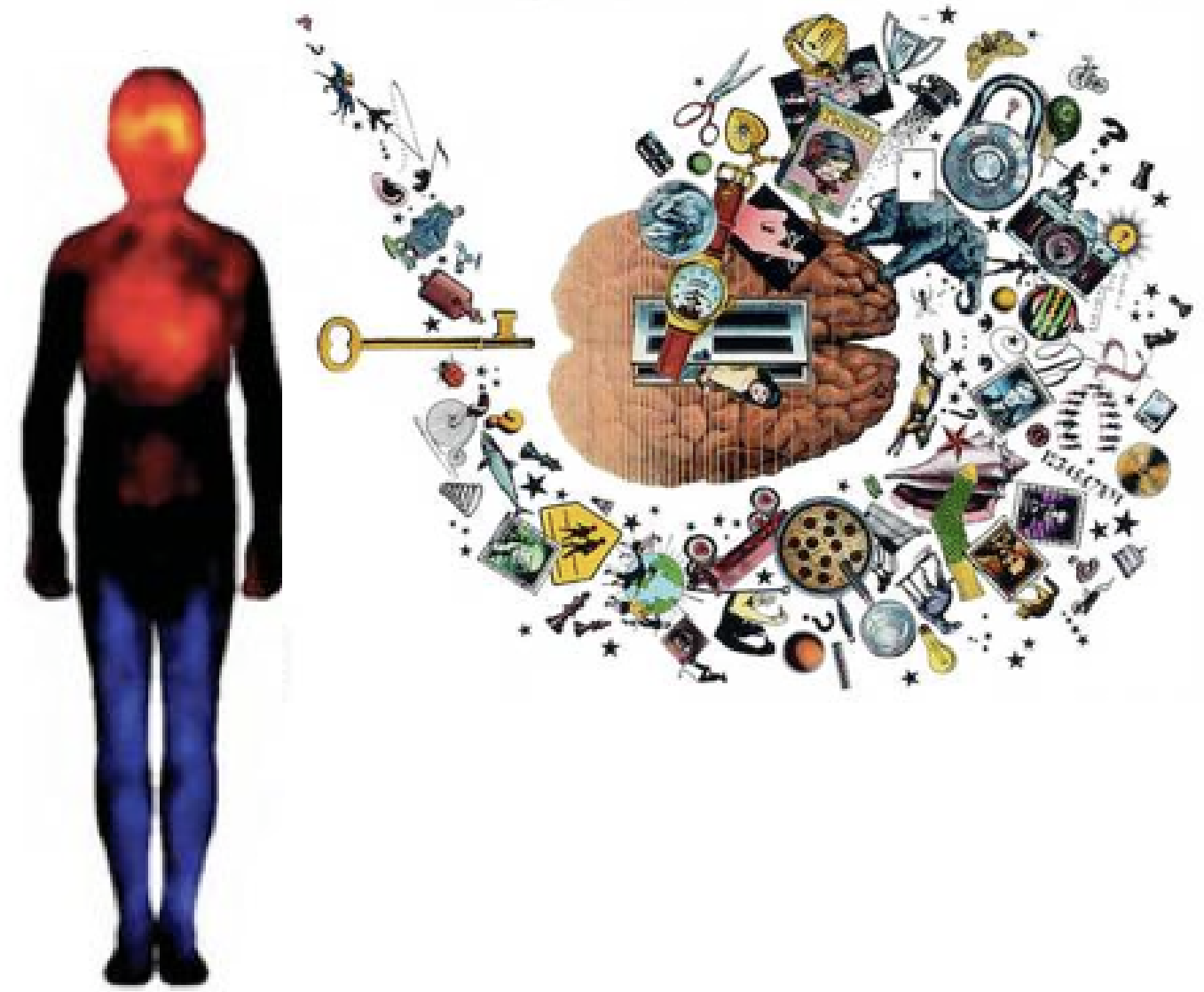
In flow we are 500% more productive. Teams in flow double their productivity.

FLOW

Check body Check emotion Check mind

Throughout the day check posture, breathing and heart rate. Identify emotions like anger, sadness or fear. Name them, tame them and try to reframe them. Notice the drifting of thoughts. Try to bring them back to the present. Can you focus on one task and create the conditions for flow.

QUICK TIP



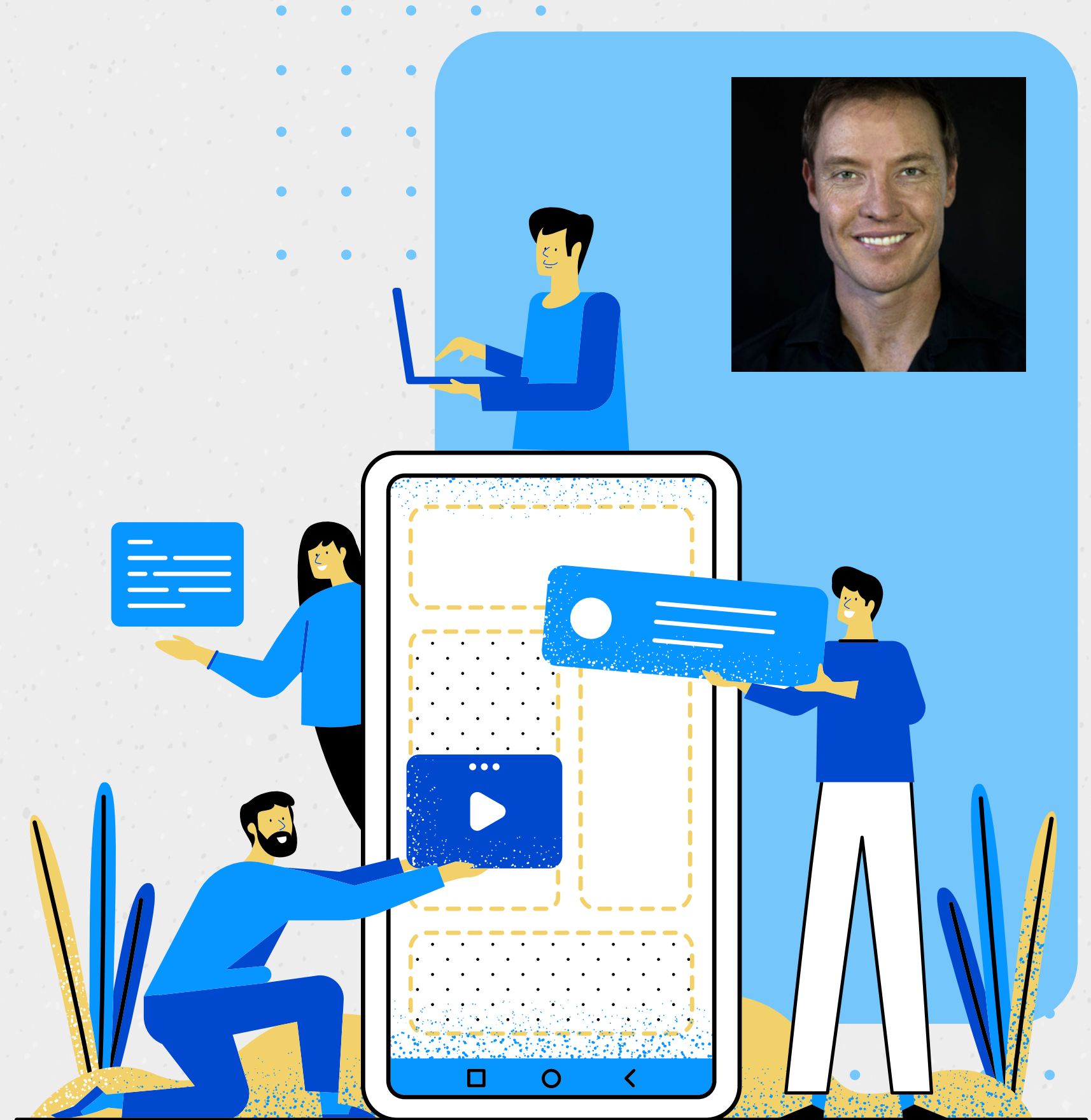
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