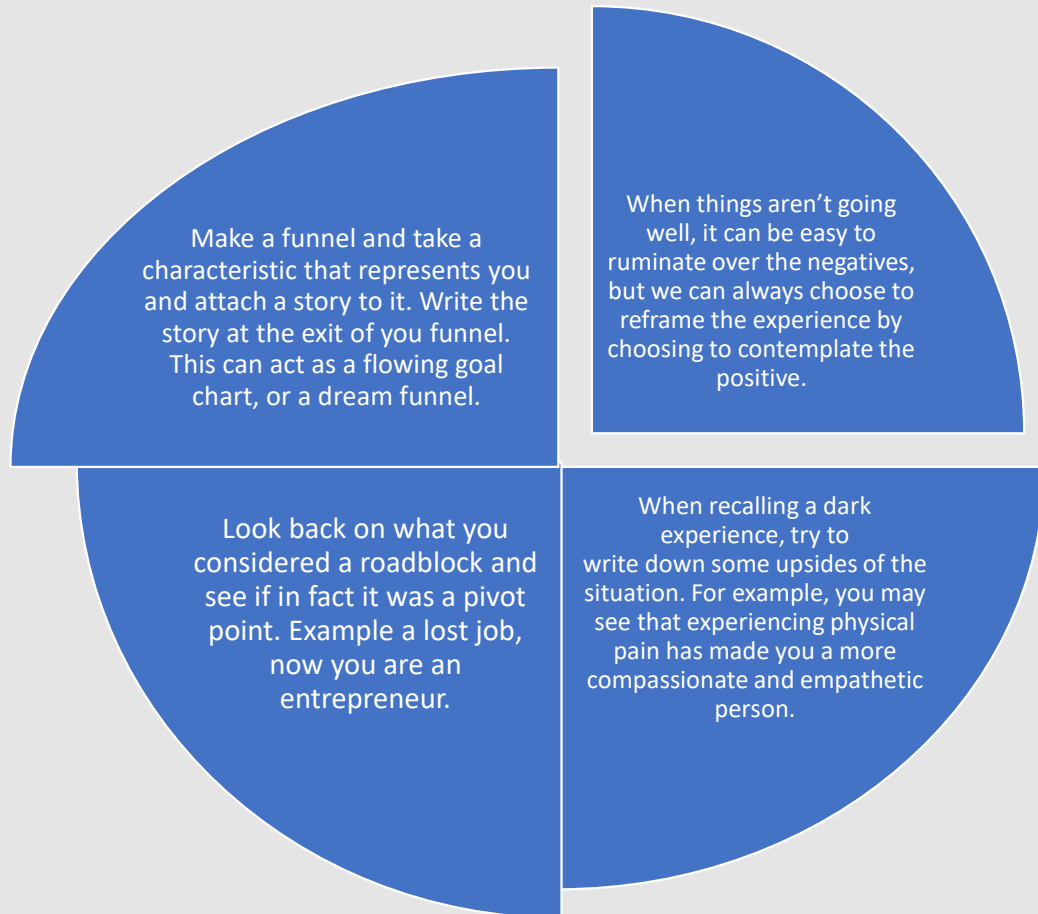




Personal Resilience

- Many factors contribute to our growth, our life story. Resilience is one big factor.
- Character traits associated with resilience include optimism, open-mindedness, good coping skills, having and maintaining a supportive social network, attending to one's physical well-being and embracing a personal moral compass.

Write a new story



Express Yourself

- Expressing your thoughts by free writing in a daily journal is a way to gain insights into life's challenges and your feelings about them. The goal is to write down thoughts as a stream of consciousness rather than a record of daily events.
- You might start with "What's on my mind right now is ..."
as a journaling prompt.
A past study found that participants who wrote their thoughts in journals four days a week had improved immune function.
- Examples:
 - 25 things you are grateful for
 - What do you really want right now?
 - 10 things you are interested in learning more about
 - A list of things you love to do

Start a sentence with: "Starting here....." "What would my future self say"

Reframe the situation

- Change is a part of life. When we can accept that change is inevitable, we are more flexible and better able to respond to stressful events. Flexibility is essential to being resilient and managing the ups and downs in life.
- Simply accepting that life will have challenges will help you be more resilient.

** In her book *Loving What Is*, Byron Katie explains that what we think shouldn't have happened, should have happened, and that everything is happening for you and not to you.

- Viewing circumstances through this lens helps reframe challenges into learning opportunities
- Choose your lesson now. Work, career change, relationship, sports, social interaction? Picture it now. Anyone have one we can work on a reframe together.

Compassion

Often misconstrued as self-pity, self-compassion means to feel kindness and caring towards yourself and being non-judgmental to what you may perceive as your own inadequacies.

Self-compassion has been shown to increase well-being and resilience to stress and trauma. It is linked to healthier behaviors and increases confidence and a sense of personal responsibility. Self-compassion has also been shown to increase motivation for self-improvement.

Cultivate more self-compassion by letting go of judgements of past mistakes and perceived inadequacies.

If you find it difficult to speak kindly to yourself, imagine you are speaking to a loved one or dear friend.

Be easier on yourself and leave perfectionism behind.

Exercise: Each morning look into the mirror and give yourself a high 5!! Say "I got this" or "everything always works out for me". Or make up your own. Write it down now, then paste it to your mirror!



Be Kind

- Demonstrating kindness to others can help us feel better and improve resilience.
A study found that older adults who volunteer report higher levels of well-being and that well-being increased with increased volunteer hours.
- Even when we are suffering ourselves, research shows that altruism born of suffering can help us become stronger and more empathetic towards others.
- Another study had some participants do kind acts for others and another group do kind acts for themselves. The group who helped others had higher positive emotions and mood elevation.
- If you would like to build resilience in yourself, being kind to others is a great way to do that by fostering a greater sense of purpose and enhancing self-worth.
- Write down one thing you can do today as an act of kindness and then do it!



Fears

Fears can sometimes interfere with daily life, like the fear of public speaking, fear of heights or being afraid of cats or dogs, causing anxiety and shrinking resilience.

To help overcome everyday fears that get in the way of experiencing life and are reoccurring, try slowly and repeatedly exposing yourself to your fear in small doses. Slowly adjust your response to the fear. Try writing a communication with your fear.

ASK: Is this real, is it appearing real, can I adjust my story?

Breathe: Use simple breathing techniques. Inhale and exhale extending the length each time.

Meditate: Take the feeling as it is and picture it dissolving, moving further away from you.

Forgiveness

It can be difficult to forgive, but with practiced empathy and compassion it is possible. When we can begin to see events from the offender's point of view, we can understand the behavior. Understanding is different than condoning the behavior, and reconciling is not necessary. The goal is to find compassion, to know that none of us are perfect and eventually find peace. When we practice compassion and forgiveness of others, we also become more forgiving of our own mistakes and shortcomings, further building resilience.

TO GROW RESILIENCE THROUGH FORGIVENESS,
TRY THESE PRACTICES:

- Consider how not forgiving is impacting your health and happiness forgive for your own sake.
- Reflect on what pushes your buttons. This may help identify old childhood wounds.
- Accept others as they are: imperfect beings struggling to do the best they can under their conditions and circumstances.



Set a goal, short and long term.

- Taking steps toward a goal has been shown to promote positive emotion and clearer thinking, building overall well-being and resilience.
- In a study of applied goal-directed resilience in training (GRIT), participants demonstrated improvement in self-regulation, executive function and personal growth.
- When situations feel overwhelming, build resilience by brainstorming possible solutions, producing a plan of action and breaking this down into manageable steps. Reward yourself for making progress by recognizing your achievements along the way.
- While pursuing your goal, situations may change, so give yourself permission to revise your goals as you progress. Consider working with a coach to help you brainstorm, co-create goals and help hold you accountable to those goals. At minimum choose an accountability partner.
- Name one situation, plan or goal that you have that would be more easily attainable if you had someone on your team.



Do things that make you happy.

- It sounds obvious, but when life gets busy, we often let recreational enjoyment slip. Participating in activities you enjoy increases positive emotions and life satisfaction, which are both associated with higher resilience. If you find yourself wondering what to do, think back to activities you enjoyed as a child. Walk, get out in nature.
- A recent review found that arts & crafts activities were associated with developing resilience and mental wellbeing in children & adults.
- Build on that resilience by engaging in art activities. Coloring, paint by number, doodling, knitting, you name it.
- Take 10 or 20 minutes and monitor how you feel.

Do this during meditation, or over a cup of tea or a walk.

Mindfulness

Mindfulness is simply non-judgmental awareness of the present moment. To cultivate mindfulness, purposefully pay attention to things that would ordinarily not get your attention.

Mindfulness can be cultivated with mindful breathing, as previously mentioned, but can also be developed while participating in daily activities like showering, eating and walking, for example.

Simply “noticing what you’re noticing” with one or more of your senses is a great way to become more mindful.

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To Do

- Know your priorities: Family, Career, Spiritual, Community etc. Give an number of hours to each category in a week. Example Career 40 hours, Family 20 hours, spiritual 5 hours, Physical/self care: 5 hours.
- Total 168 hours a week, minus 8 hours of sleep. You have 112 waking hours. Does what you do, correlate to your priorities?
- Log your activities daily for a month. Then go back and make a symbol next to each activity.
- A square next to must do daily task.
- A circle next to choose to do for family and friends.
- A squiggle line next to things you do just for yourself. SELFISH TIME is essential.
- **Take a photo of this slide, make this a plan for a week, a month. Analyze it and adjust!**

Navigating the curves of life.

- A course to give you direction, tools to help you navigate.
- Life is change and change means growth. Not all growth feels comfortable at the time.
- Navigating with a team, a group has been proven to provide better results in less time and done with less stress.
- Group Coaching is more cost effective. Attend in person, or if necessary, watch a recording.
- Group Coaching begins January 18th Tuesday Evenings 6pm to 7pm. 6 weeks ending February 22nd.
- Value: \$166 Inclusive
- EARLY BIRD \$88 Register Now or by (Sunday November 21 5pm) and get a 1 hour one on one coaching session in addition.
- Join: <https://buy.stripe.com/6oEeUY0C6alge2sdQQ> Payment
- Register: CoachSandy@Wellness-with-Attitude.com

Perhaps it is time to consider a coach.
Here is an invitation from
Coach Sandy

- If you are someone who benefits from some support, please join Awesome Women on Facebook for some tips and shares.
- <https://www.facebook.com/groups/573730223999647>
- If you like to learn and stay connected, then YouTube is for you. I post some thought weekly.
<https://www.youtube.com/channel/UCQp9d59RRTpAlpN5LIPDmVQ>
- You might do best with others working on their journey with me as a coach, where I facilitate discussion and problem solving and brain storming. It gives inspiration and accountability. These sessions vary but usually run for several consecutive weeks. Many people take a series and return for another., the choice is yours.
- A free conversation might be the place for you to begin, 704-713-0911 call for a time.
- Set an appointment via email: CoachSandy@Wellness-with-Attitude.com



wellness
WITH ATTITUDE

COLLABORATIVE COACHING

Navigating Life's Curves