

## RESILIENCE

### ↳ Six Rs of Resilience

- **Reflect:** recognize feelings, thoughts and actions
  - **Reset:** take a break, go for a walk or drive, take a shower
  - **Review:** ask “is this helping or harming me?”
  - **Re-frame:** choose helpful thoughts and a growth mindset
  - **Redirect:** focus on what you can change, choose helpful responses
  - **Reconnect**
    - ↳ with self: spend time on self-care and hobbies
    - ↳ with others: spend time with family & friends, volunteer
- **GOAL:** choose to respond with helpful thoughts and actions

### ↳ REFLECT “What am I thinking, feeling, and doing?”

#### Awareness of

- ↳ internal sensations in body
- ↳ emotions
- ↳ thoughts
- ↳ focus
- ↳ actions

#### ↳ RESET

- “How can I change my focus?”
- take a break
- act: move your body
- go for a walk or drive
- take a shower

### ↳ REVIEW

“Is this helping or harming me?”

- accept reality
- adversity happens
- life is uncertain
- change is a part of life

↳ REFRAME “What are more helpful thoughts and actions?”

- rational thoughts
- growth mindset
- helpful actions ↴

↳ REDIRECT Focus on what can be changed. “I choose to reconnect with myself and others. I choose helpful thoughts and actions.”

### ↳ RECONNECT

#### ↳ with self

- self-care
- hobbies & creative arts
- learning & growth

#### ↳ with others

- spend time with family & friends
- share
- volunteer

→ **RESPONSE** Choose to respond with helpful thoughts and actions

- breathe
- exercise
- meditation
- emotional intelligence
- aspire to purpose
- share

- uplift
- relate
- inspire flow
- notice
- gratitude

↳ **BE MEASURING** for positive shift

## EMOTIONAL INTELLIGENCE

### ↳ Self-awareness

↳ What am I feeling? → INTERNAL

#### SENSES →

- sight
- touch
- sound
- smell
- taste

#### BODY

- heart rate
- breath rate
- temperature
- posture
- tension/pain

#### ↳ IDENTIFY EMOTIONS

- Label or name
- Intensity level
- Pleasurable -needs satisfied
- Painful - needs not satisfied
- Signals of underlying emotions

↳ What am I thinking and doing? → EXTERNAL

#### MIND

- goals
- thoughts
- beliefs
- interpretations
- emotions

#### OUTER WORLD

- actions
- attention
- observe
- reactions
- actively listen

#### EXPRESS EMOTIONS

- Take time
- I statements
- Make choices
- Evaluate options

↳ Self-regulation → MANAGE EMOTIONS

#### ABCs of REBT

- **A**ctivating event
- **B**eliefs
- **C**onsequences

• Ask questions

• **B**eliefs-dispute irrational beliefs

• **C**hoose rational thoughts

• Pause - SOS

- Engage coping skills
- Deep breathing
- Add exercise/walk
- Learn to meditate
- Strengthen self-esteem

### ↳ Motivation

- **M**yers-Briggs personality
- **O**utcomes →
- **T**iming
- **I**ntrinsic/Extrinsic
- **V**alues
- **A**dd rewards/consequences
- **T**angible/Intangible
- **E**nergy

#### Meaningful OUTCOMES

- **R**elevant
- **A**dvance progress
- **M**eed needs
- **P**roduce desired results
- **S**ignificant

#### Mind the GAPPSS

- Growth Mindset
- Add habits
- Plan goals
- Pursue purpose
- Set priorities
- Select strategies

### ↳ Social Skills

#### ↳ RELATE

- **C**ommunicate →
- **A**ct authentically
- **R**each out & SHARE
- **E**mpathy →

#### COMMUNICATE

Clear, concise, connected, complete, courteous

Active Listening:

- **L**ook directly
- **A**sk questions to clarify
- **D**on't interrupt
- **D**o stay on subject
- **E**valuate emotions
- **R**espond with feedback

#### ↳ Empathy CONSIDER OTHERS

- **S**imple gifts
- **H**elp a cause
- **A**dd activities
- **R**andom acts of kindness
- **E**xplore connections