

KEY SKILLS & STRATEGIES TO BUILD YOUR RESILIENCE

Some key skills and strategies to build your resilience, enhance your self-care and tackle your responsibility for your own wellbeing

1. **My Self Care, Resilience Boosting Personal Plan**

Sit down, think and come up with a plan to attend to regular, genuine self-care needs. Make it yours – your style and your way. Then make it work for you. Revise it every so often.

2. **Who Am I?**

Write a list of all the ways you could honestly answer that question. Think about the many roles you play in your life and the many aspects of what makes you, you.

3. **Reframe**

Reframing is a way of viewing and experiencing events, ideas, concepts and emotions to find more positive alternatives. How does this situation look in a new frame?

4. **Draw Your Support Circle**

Draw yours and fill it in. Date it. Do this every year. Support circles changes. Keep contact details up to date and handy. Intentionally spend time with your support circle members.

5. **Supervision**

Find some – both formal and informal. Use it. On Google, search: *how to get the most out of supervision.*

6. **Self Talk**

Positive self talk is a way your internal voice talks to you that uplifts you and encourages you. Studies have shown that people who maintain a positive “mode of being” are more resilient. When you realise the enormous power that thoughts have over your actions and view of life, you can start to change how you face arising issues.

7. **Say No**

Practice this in role plays, in the mirror – find phrases to use. Once you start this, as appropriate, you may feel relief and a satisfaction that you’re taking charge of your wellbeing in a new way.

8. **Recharge yourself when you recharge your cell phone or tablet**

Every single time you plug technology in to recharge ask yourself, what have I done/will I do today to recharge my own batteries?

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9. Look forward to something

What are you looking forward to today, or in coming days or months? Think about it and when it's been, plan your next thing to look forward to. It can help to lift the fog.

10. Use a journal or diary or the back of an envelope

Write it out. Let it out. Get creative. Keep it private or share it. Start a blog. Write a book, a poem, a play, a story. Just words.

A FIVE-MINUTE GROUNDING AND BREATHING EXERCISE

By Brad Waters www.psychologytoday.com/

Relax: Sit in a comfortable upright position with your feet planted flat on the ground. Rest your hands on your thighs or on your desk.

Breathe: Just breathe. Refreshing, comfortable and even breaths. Don't worry about technique, just allow relaxing breaths to enter deeply and exhale fully.

Engage: It's time to engage each of your five senses, one at a time, for at least one minute each. You can keep a clock handy or just estimate. The point here is to focus on the present moment and how each sense is being activated in that moment.

You might start like this:

Hearing: Begin to relax by just noticing all of the sounds around you. Give yourself permission to suspend your judgment of the sounds. They are not good or bad, they just are. Are you now hearing more than you were before you started? Subtle sounds may have previously gone unnoticed. Can you hear them now? Remember your steady breaths while you are listening.

Smell: Now shift your concentration to noticing the smells of your environment. Is somebody cooking lunch in your building? Can you detect the electronics smell of your computer or fresh air coming in through your window? Try closing your eyes so you can focus on the subtlest of scents.

Sight: If you closed your eyes a moment ago, open them to notice the colours, shapes and textures of your surroundings. If you really look, just about everything has colour variation and texture that may have gone unnoticed. How many shades of blue or red? Any colour missing?

Taste: You can do this one regardless of whether or not you have food to put in your mouth. If you have a snack go ahead and take a small bite, noticing all of the flavours and textures that arise. If you don't have food, just notice your tongue in your mouth, your saliva, and your breath as you exhale. Most of us have tastes in our mouth at all times. Run your tongue over your teeth and cheeks – what do you notice? Keep breathing, one more minute.

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Touch: Last one. Where did you place your hands when you first started this exercise? Notice the sensation of where your hands meet something solid like the fabric of your clothes or the surface of your desk. Notice the pressure between your feet and the floor. Try feeling the textures that you noticed by sight a moment ago. To fully ground yourself in the room and bring the exercise to a close, feel several objects on your desk and perhaps even stand up from your chair to bring energy and sensation to all parts of your body.

Time is up. Even when there are distractions during this five-minute exercise, you can gently bring yourself back to your senses. No need to get frustrated when that happens, because a distraction is just another engagement of a particular sense. Incorporate it into the exercise.

How do you feel now? Are you back in the moment and back in your body? Compare how you feel now with how you felt five minutes ago – what has changed? Try this exercise next time you're feeling trapped in the current of the day.