

## Resilience

**“Life doesn’t get easier or more forgiving, we get stronger and more resilient”**

Dr Steve Maraboli

Resilience can be both:

- In the moment resilience, as soon as we face something tough
- Resilience over time – the ability to keep going through a longer tough period

### Things in the moment that you can do

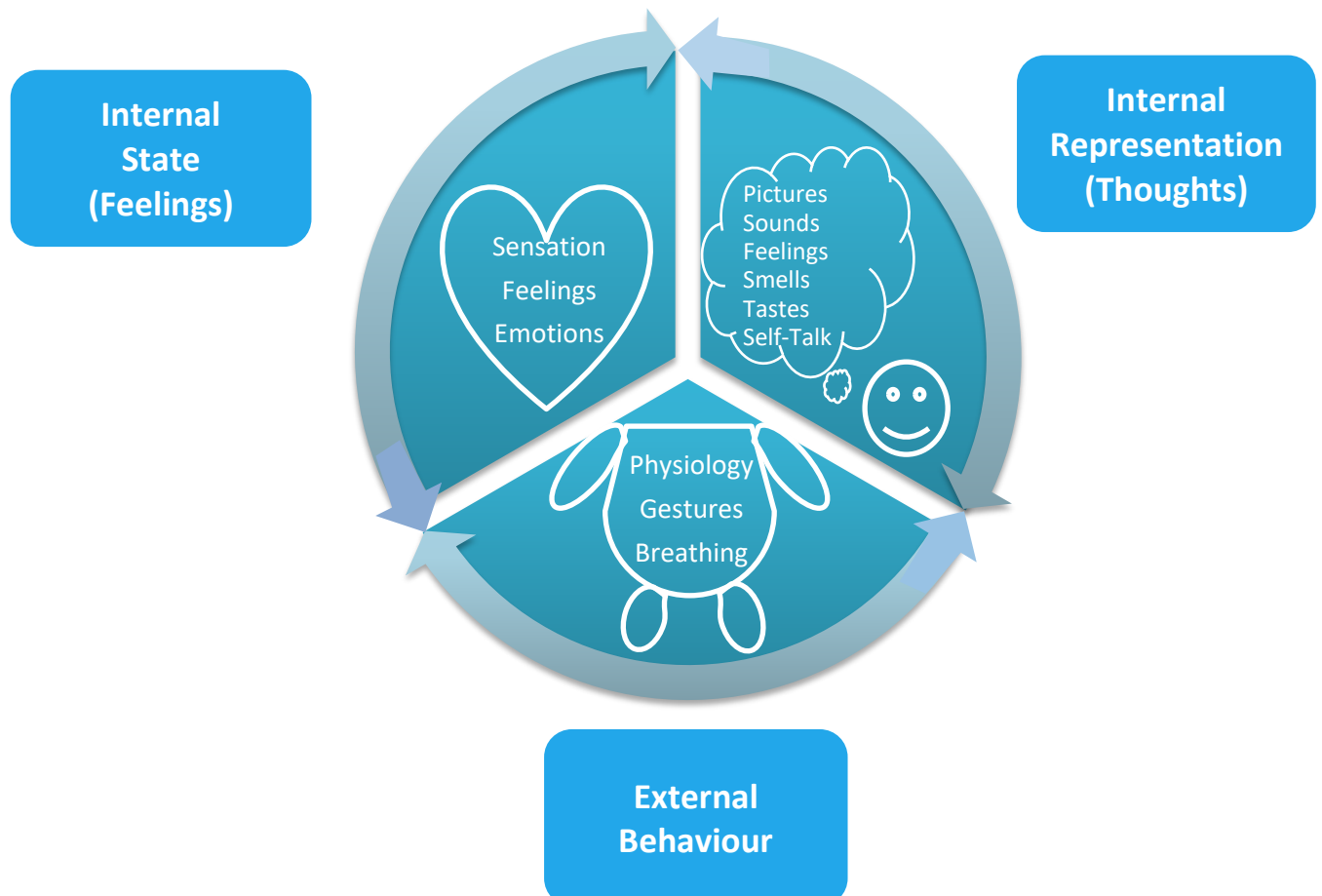
“Mind and body are linked, change one, and you’ll change the other.” – NLP Belief of Excellence

State is our way of being in any given moment – it’s a combination of our thoughts, feelings, emotions and behaviours.

Our state impacts everything we do – how we come across and communicate with others, our outlook on life, and how we perform tasks.

The Mercedes Model says our mind and body are linked, part of the same system. Changing any one of our thoughts, feelings or physiology will impact the other things and change our overall state.

Our state is made up of:



### **Simple things to change your state – in the moment**

- Plant your feet and take a deep breath
- Change your body language
  - Stand up
  - Stretch
  - Reach up
  - Find a pose that makes you feel resilient, e.g. Wonder Woman pose (look up Amy Cuddy's Ted Talk), warrior pose (yoga) etc
- Change your internal self-talk – add a resilience phrase such as:
  - 'Keep going'
  - 'I can do it'
  - 'Keep chipping away'
  - 'I am a strong, resilient person'
- Walk like someone who has all the resilience they need
- Channel the animal kingdom – lion, elephant, fox, bee – Which animal has the characteristics that you want?

### **Longer-term resilience**

- **Ways to Change Mindset** – NLP Beliefs of Excellence
  - There is no such thing as failure, only feedback.
  - There is a solution to every problem.
  - It is possible to find a positive intention behind every behaviour.
- **Self-care** – do whatever makes you feel good, both at this moment in time, and over time.
  - Hobbies
  - Creativity
  - Meditation
  - Eating well
  - Sleeping Well
  - Physical activity/Exercise
  - Personal maintenance (making yourself feel good)
  - Setting boundaries (and keeping them)