

# BUILDING YOUR RESILIENCE

FREE GUIDE



ELEVATE

HER

# INTRODUCTION

This is a really difficult time for all of us right now. It's ok to feel overwhelmed, anxious or stressed.

Know that all of us and the best of us will experience stress - it's no reflection on how good or strong you are.

**There is a key way to managing stress levels which is to build resilience.**

Resilience is a superpower.

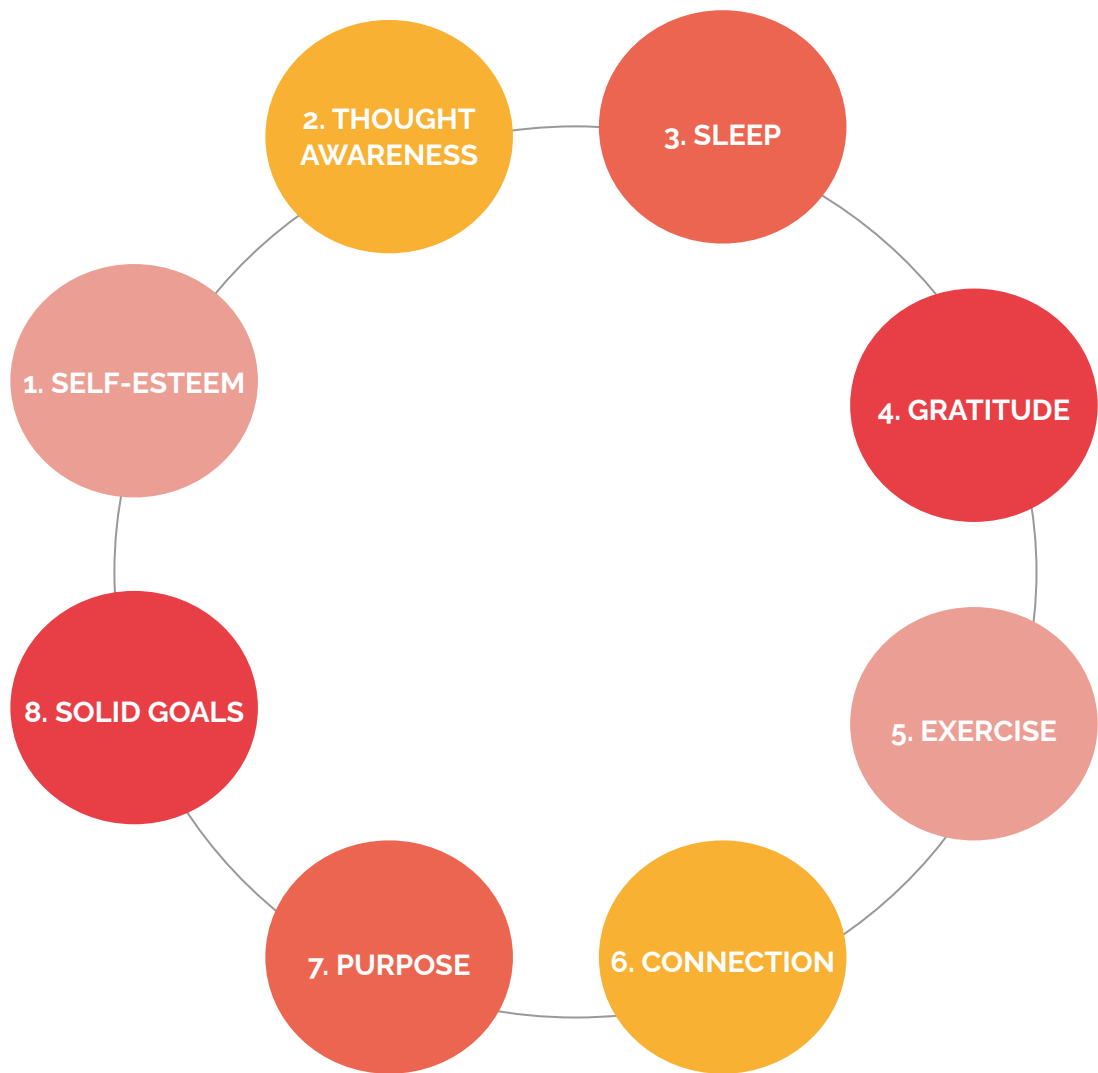
At its core it is our ability to bounce-back if we experience a setback.

Through our lives we will experience knocks but it's our ability to rise up again after these knocks – whilst staying emotionally and physically health is at the heart of resilience.

I've developed this resilience model to help you identify areas in your life where you want to build more resilience and provide some practical steps on how you can take charge to feel more in control and grounded.

This is about reinforcing small habits you may already do and giving you reminders for the things that may have slipped.

# THE ELEVATE MODEL TO BUILD RESILIENCE



These eight ways are proven through social studies to help build a resilient attitude and taking small steps in each area will help you feel more in control.

## ONE

### SELF-ESTEEM

The first step is all about nurturing a positive attitude towards yourself.

Research shows that having an affectionate and compassionate attitude towards yourself builds resilience. This is also about forgiving yourself for making mistakes and appreciating your qualities.

What are the 3 qualities you admire in yourself?

### THOUGHT AWARENESS

Step 2 is focusing on your internal narrative and to think about whether you are letting your thoughts run on auto-pilot. In times of stress, we often switch off and just let our thoughts do their own thing however, given that we are all being surrounded by more external noise - our thoughts may be causing us to spiral downwards in our thinking.

Thought awareness is about being in tune with the internal narrative that is happening and rather than letting it run away with itself, recognising it and pressing pause. Remember your thoughts, are just thoughts, and not facts.

What are you saying to yourself today?  
Is this really a true thought? Is this really a kind thought?  
What evidence do I have to prove/disprove this thought?

## TWO

## THREE

### SLEEP

Step 3 is to focus on your sleep. Sleep is a superpower - when we don't sleep it impairs our mental functioning, we have diminished skills, lower concentration, memory loss, increased anxiety, greater appetite and irritability.

There are some simple ways to improve the quality of your sleep:

1. Aim for a consistent bedtime
2. Think about your sleep environment - aim for a dark room, no phones, cool temperature (16-18 degrees)
3. Minimise blue light exposure before bedtime - which means no email, social media checking in bed
4. Daylight - try and get outside for 20 minutes a day to boost your vitamin D levels and regulate your melatonin levels.

If you feel you are struggling with sleep and it is not manageable with the above basic steps, do seek advice from your doctor.

## FOUR

### HAVE AN ATTITUDE OF GRATITUDE

There are a number of social studies which point to the benefits of gratitude - by practising gratitude we become nicer people, more trusting and more sociable. No matter how big or small, the habit of writing down what you are grateful for changes how we think and starts reprogramming our thought patterns.

One idea is to keep a gratitude log/list where you note down 1 or 2 things per day - and challenge yourself to find the good. Over time you'll have a list to refer to when things are feeling challenging.

What are you grateful for today?

### MOVE YOUR BODY

This isn't about doing a burpee challenge or following a workout on social media but to find some time each day to move.

One of the key ways to build movement into your day is to find something that you enjoy - by finding the joy in exercise you'll move from the should do to the want to do really quickly.

Maybe that's a walk and listen to a podcast, maybe that's joining a weekly virtual yoga class or simply running outside.

What will you commit to this week?

## FIVE

## SIX

### CONNECTION

We're all programmed for social interaction and it's hard at the minute not to have feelings of isolation and loneliness from friends and family even in the busiest of houses.

Whenever you are faced with a problem it's important to have people on hand who can help you navigate the challenge.

Think about your support network:

1. Who do you regularly give support to?
2. Where do you get your support from?
3. Are there relationships you'd like to cultivate?
4. Who might benefit from your support?
5. In what areas of your life, do you need more support?

## SEVEN

### PURPOSE

Finding meaning and purpose in our day to day lives is really important, either through achieving small goals (see no. 8!) or through reflection.

Spending time each week on a reflective week is a great way to anchor to the present and create that sense of achievement.

Some questions to ask yourself:

1. What have I learnt this week?
2. How is what I'm doing moving me closer to my goals?
3. What am I avoiding or making hard for myself?
4. What's your number one priority for next week?

### SMALL STEPS

Finally, focus on building small solid goals for each day. Having achievable goals that we commit to working towards brings a sense of purpose to our days.

One of the key components of having a resilient attitude is demonstrating commitment.

What will you achieve this week? Well, this isn't about setting a target that will make you feel bad if you don't quite get there but a set of small goals that will give you a sense of purpose each day by ticking them off.

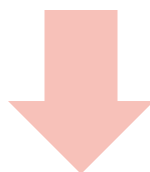
What are the 3 mini-goals you'd like to achieve today?

How will you feel when you have achieved these goals at the end of today?

How are these mini-goals moving you towards your future goals? If they're not, are they the right goals? Just a thought.

## EIGHT

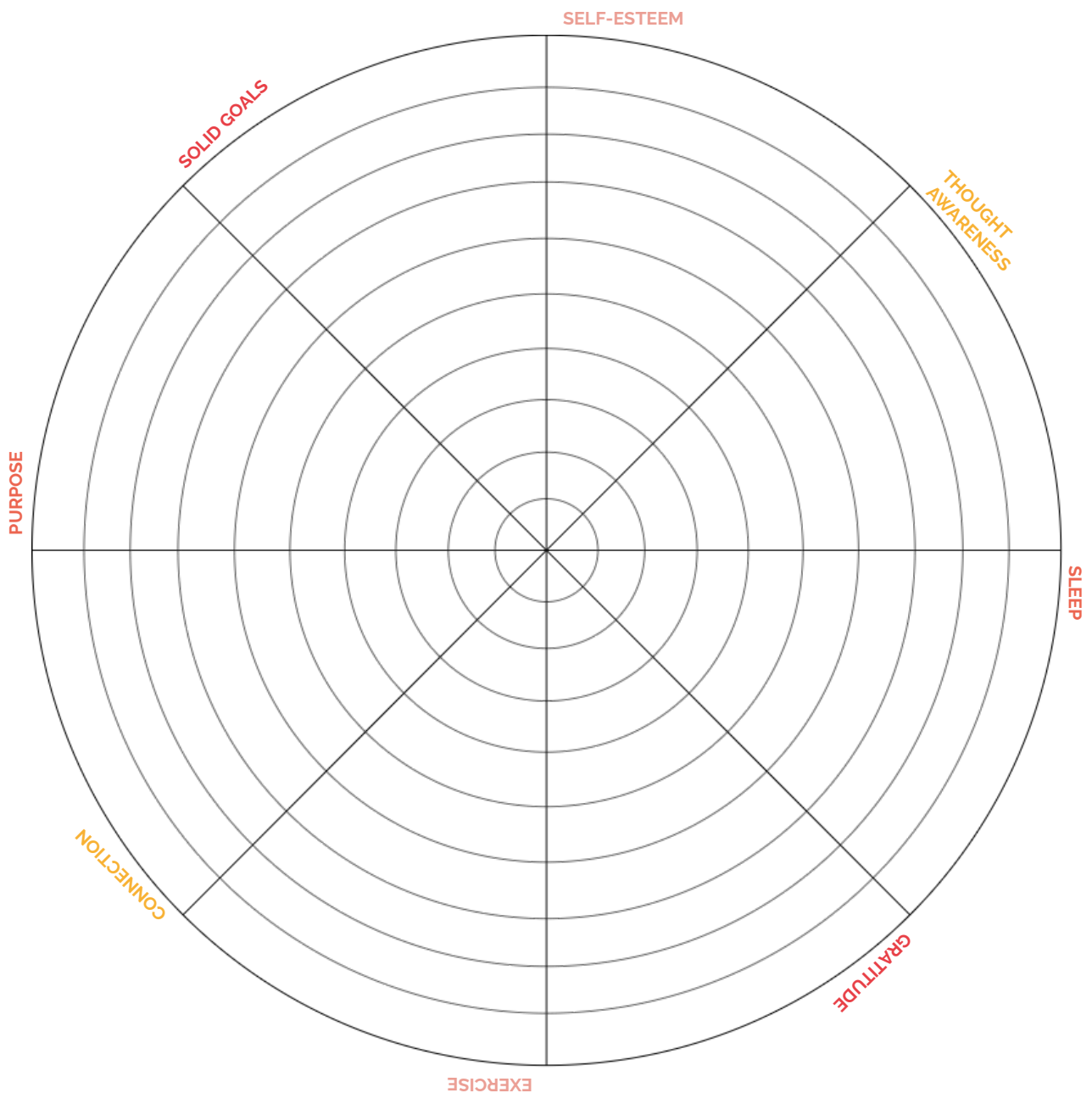
On the next page, you can use the tool to assess your resilience levels and make a plan of action!



# SO, WHERE ARE YOUR LEVELS OF RESILIENCE?

## SELF-ASSESSMENT

Now, score yourself out of 10 for each area.



# WHAT CAN YOU DO TO BUILD MORE RESILIENT PRACTICES INTO YOUR LIFE?

What are your current coping mechanisms?

What else works for you which you're currently not doing?

Where do you feel you perform strongly on the wheel?



# WHAT CAN YOU DO TO BUILD MORE RESILIENT PRACTICES INTO YOUR LIFE?

What do you need to cultivate?

What do you want to prioritise to enhance your resilience?



## Hey, I'm Natalie!

Please get in touch if you'd like more information on our coaching and mentoring programmes and resilience workshops

We offer career coaching, executive coaching, 1-2-1 leadership development sessions on emotional intelligence, resilience and wellbeing..

*Natalie*



### CONTACT ME

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