


RESILIENCY


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NOTES

*Sometimes storms don't come to disrupt your life. Sometimes they come to clear a path.
(Unknown)*

Understanding the Give-Up or Get-Up paradigm:
Resiliency can be taught.
We can teach and train how to Get-Up

Life is Hard – Not because you are doing it wrong. It is hard, because life is hard!

Our deepest need is for safety and security. Every needs to believe that they are okay.



THE **FIVE** CORE TRAITS OF RESILIENCE

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- 1 BELONGING
- 2 PERSPECTIVE
- 3 ACCEPTANCE
- 4 HOPE
- 5 HUMOUR

RESILIENCY IN ACTION

Dr. RHD's Resiliency Trajectory Model (2020)

RESILIENCY
PRIOR
TO EVENT

ADVERSITY
HAPPENS

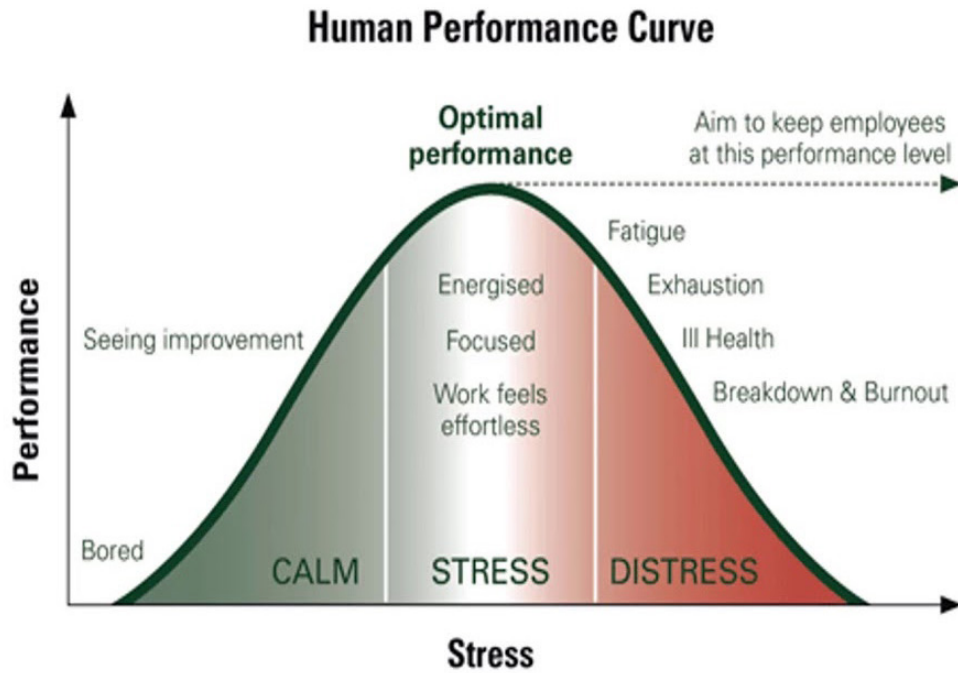
DECLINE
PHASE

ADAPT
PHASE

RECLAIM
PHASE

RISE
PHASE

Figure 1: The Yerkes-Dodson Human Performance and Stress Curve



LIVING IN UNCERTAIN TIMES

Micro-Habits: Work & Productivity

- Expectation Management – ‘Origins of Distress’
- Get Dressed (WFH attire & self-care)
- Clean Workspace
- Day Map – To do List & To Be List
- One Main Productivity Block per day
- Have an End Point

SET YOUR WORD of the DAY

EXAMPLES

Impact / Care / Adapt
Flexible / Deeper

Micro-Habits: Leadership & Followership

- Focus: Assurances in uncertain times
- Routines: Normalcy in not normal times
- Confidence in Chaos (Clear – Direct – Calm)
- Communication
- Respect: (Parallel Experience)
- Recognize Others & Efforts
- Good News Stories

SET YOUR WORD of the DAY

EXAMPLES

Honest / Accountable
Authentic / Kind

Micro-Habits: Wellness

- First Hour: Make your bed & Drink water
- Final Hour: Bedtime ritual (no tech)
- Stretch break every hour
- 5 minutes for you – EVERYDAY – breathing
- Release technique
- One healthy meal per day
- Connect with nature once per day (walking)
- Protect your peace

SET YOUR WORD of the DAY

EXAMPLES

Peace / Nature / Enough
Gentle / Present

FEAR SETTING ACTIVITY (FERRIS, 2014)

Fear Setting Has Three Steps

STEP 1

1. Define: What are you fearful of. What is the worst thing that can happen?
2. Prevent: What action can you take proactively to prevent this from happening?
3. Repair: If the worst thing happens, how do you do repair?

STEP 2

What are the costs of inaction if you don't do the thing that you are fearful of?

STEP 3

What can go right?

LIFE WITH WORK BALANCE

Work/ Life Balance Myth

There is one way to balance both work and life equally, that works for everyone.

Life with Work Balance Reality

Establishing the right amount of time, that matches my priorities, so I feel balanced (Hanley-Dafoe, 2019).

LIFE WITH WORK BALANCE TAKE-AWAYS

1. Multi-tasking versus Mono-tasking
2. Habit Stacking
3. Knowing your Non-Negotiables
4. Winning Your Mornings!
5. Weekly Score Cards

WEEKLY SCORE CARD | Out of 10

- | | |
|---------------------|---------------------------------|
| 1. Physical Health | 6. Inner Circle Relationships |
| 2. Emotional Health | 7. Outer Circle Relationships |
| 3. Physical Space | 8. Finances |
| 4. Job Performance | 9. Leisure, Joy, Hobbies |
| 5. Purpose & Goals | 10. Spirituality (or) Character |

Score out of 100%

Lighthouses

In the rush to return to **normal**, perhaps we can use this time to evaluate which parts of **normal** are worth rushing back to. - *Dave Hollispic*

I **can** do hard things.

Be stubborn about your **goals**, and flexible about your **methods**.

Sometimes **fear** doesn't go away, so we have to learn how to do things **afraid**.

What makes you feel like your best version of yourself – do **more** of that.

Those who have a 'why' to live, can bear with almost any 'how'. - *Viktor Frankl*

If you find a path with no obstacles, it probably doesn't lead anywhere. - *Frank A. Clark*

It's not the load that weighs you down, it's the way you carry it. - *C.S. Lewis*

There are some things you can only **learn** in a **storm**.

Make what **matters** most, **matter** most.

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