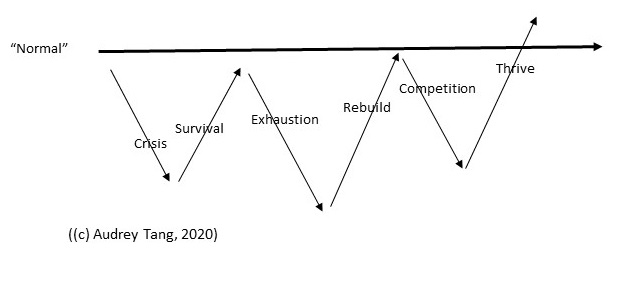


**BUILDING RESILIENCE (emotional & mental strength)**

**Session 4: The art of BEING well! (Face psychological stress with psychological strength)**

**Notes**: “Wow” moments (make a note of the things which make you “click”…ie “wow moments” eg. key ideas, thoughts or statements – you can then refer to them in future)

**Resilience is about navigating 3 dips**



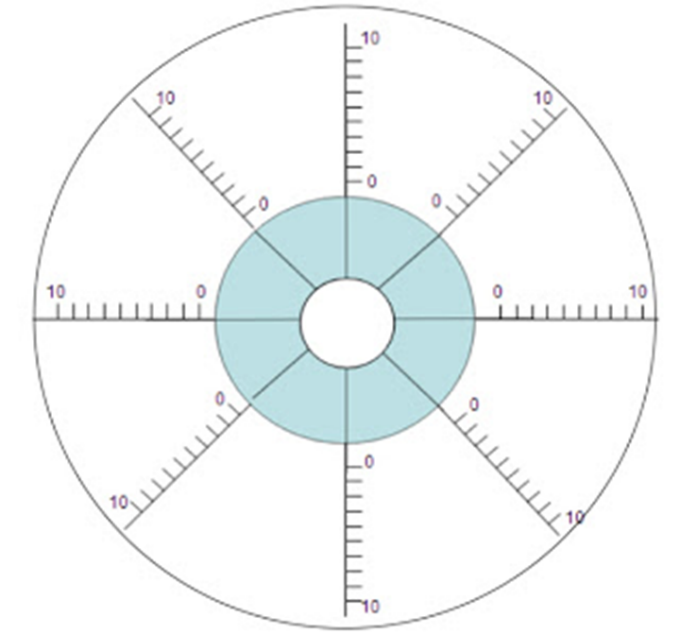
STRESS

*Crisis causes the stress response, resistance leads to survival*

RESILIENCE FOR GROWTH

*BUT the same mental & emotional strength then helps us rebuild while exhausted and thrive through competition*

***KNOW YOUR GOAL***

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***USE THE URGENT IMPORTANT QUADRANT***

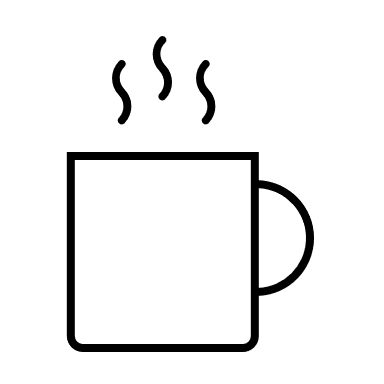
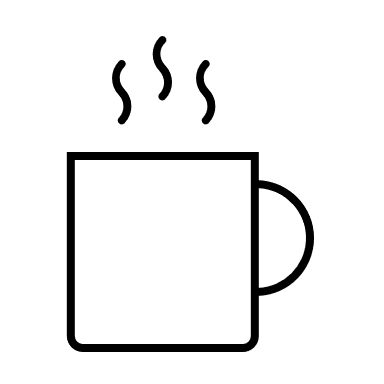
***Chart, pie chart

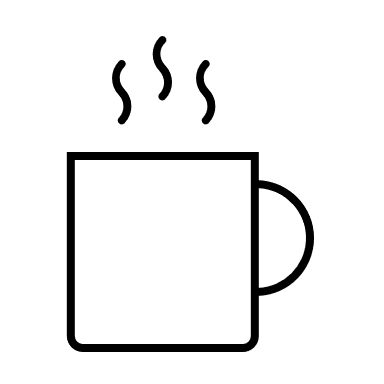
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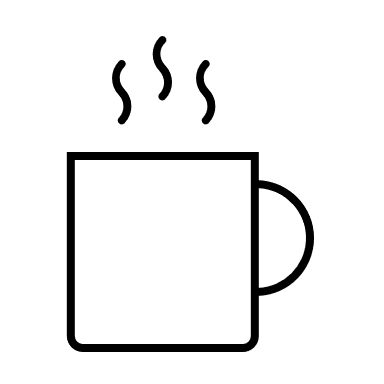
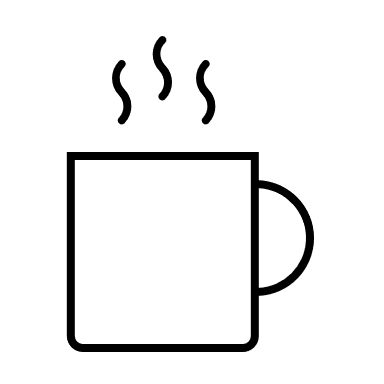
***Focus with a vision board***

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1. Personal development/Health
2. Career
3. Financial
4. Inspirations
5. VALUES
6. ***Personal development/Health***
7. ***Career***
8. ***Financial***
9. ***Inspirations***
10. ***VALUES***

***Who do you invite to tea?***

******

******

******

|  |  |
| --- | --- |
| ***ENERGIZERS*** | ***RELAXERS*** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

*When you catch yourself enjoying something – ask yourself: Does this Energise or Relax me – and note it down*

*Now you have a checklist of things that you can do when you need to*

*SECRET TIP: Look out for any behaviours that fall within:*

*“PERMA” – 5 pillars of wellbeing – as they will OFTEN make you feel good!!*

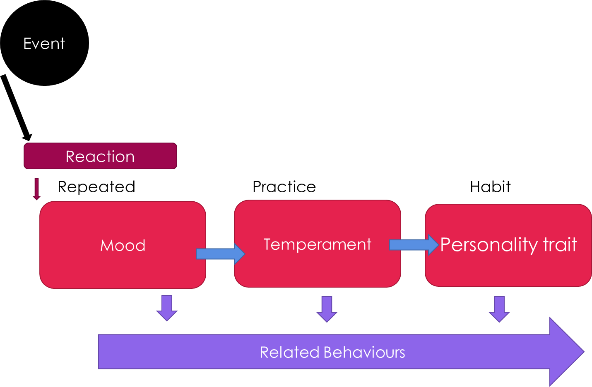
***IDEAL ME exercise***

* *What 3 behaviours does the ideal me do?*
* *Who does the ideal me “hang out” with? (e.g. the values of those people)*
* *How does the ideal me talk to myself/others?*
* *How does the ideal me think?*
* *How does the ideal me behave?*

***Then reflect each day:***

* *How did I do?*
* *Where did I stumble and why?*
* *WHO did I react to and where was it?*
* *What could I do next time?*

***REMEMBER – what you practice becomes habit***

**

***What works for me (PERMA):***

*(YOU MAY WISH TO UPDATE THIS EACH WEEK AS WE COVER MORE EXERCISES)*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| *What I tried* | ***POSITIVE EMOTION*** | ***ENGAGEMENT*** | ***RELATIONSHIPS*** | ***MEANING*** | ***ACHIEVEMENT*** |
| *Week 1* |  |  |  |  |  |
| *Week 2* |  |  |  |  |  |
| *Week 3* |  |  |  |  |  |
| *Week 4* |  |  |  |  |  |

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