

RESILIENCE TOOLKIT

NEGATIVE SELF-TALK

I liken negative self-talk to spam mail. If you open/listen to it, you risk corrupting all of your positive files. The next time you find yourself engaging in negative self-talk, acknowledge how this thought is making you feel both emotionally and physically, name that thought, (I tend to call mine Carmen, she was the school bully). Say thanks but no thanks Carmen, I'm moving you to the spam folder.

Self-compassion is key, if it's not something you would say to your best friend, then you shouldn't be saying it to yourself.

FLIP THE SCRIPT

It's important to remember that when you experience emotions such as anxiety, anger or fear, your body is responding to a perceived threat/danger. This is known as fight or flight mode.

Don't let the what if's, shoulda, coulda, woulda paralyse your decision-making process. Flip the script - What if I succeed, What if they like my presentation.

Remember that you cannot change what happened yesterday, and you can't control what will happen tomorrow, but you can control your response to what is happening in the here and now.

ME TIME

You wouldn't embark on a road trip without topping up your fuel tank, yet we often feel compelled to do more, be more, and end up pushing ourselves to the brink of destruction.

Self-care is a priority not a luxury. Try to carve out at least 10 minutes a day for a little me time. Even if it means sitting in your car with your headphones on. Turn off all your electronic devices, go for a walk, leave your phone at home. Listen to music that makes you feel happy. Turn your out of office on for 10 - 20 minutes each day. Walk away from the computer, sit still, close your eyes, and think about your happy place/dream holiday destination.

GRATITUDE

I know that when things aren't going to plan it can be easy to focus on what you don't have. However, spending 5 minutes a day listing the things that you are grateful for can be an incredibly powerful and liberating exercise.

Equally, celebrating your successes at the end of each day rather than focussing on the things that you didn't do can leave you with a sense of pride and achievement.

Expressing gratitude trains your brain to focus on the positive.

LAUGHTER

Laughter is medicine for the soul. When we laugh, we release endorphins that create a feeling of wellbeing.

Finding ways to laugh at your challenges and stressful situations, helps to build your resilience muscle and lifts your brain out of a threat response.

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Every step forward no matter how small is a triumph