

# Choosing Resilience: A Guide to Fortifying Emotional and Mental Wellness Participant Guide

## Purpose

Our capacity to remain emotionally resolute, motivated, and adaptable to changing and often uncomfortable circumstances bears utmost importance in the workplace and in our personal relationships. The *Choosing Resilience* workshop

## Learning Objectives

1. Define resiliency and how it affects our recovery from distress
2. Identify common obstacles to emotional and mental resilience
3. Identify practical and immediately implementable ways to build emotional and mental resilience

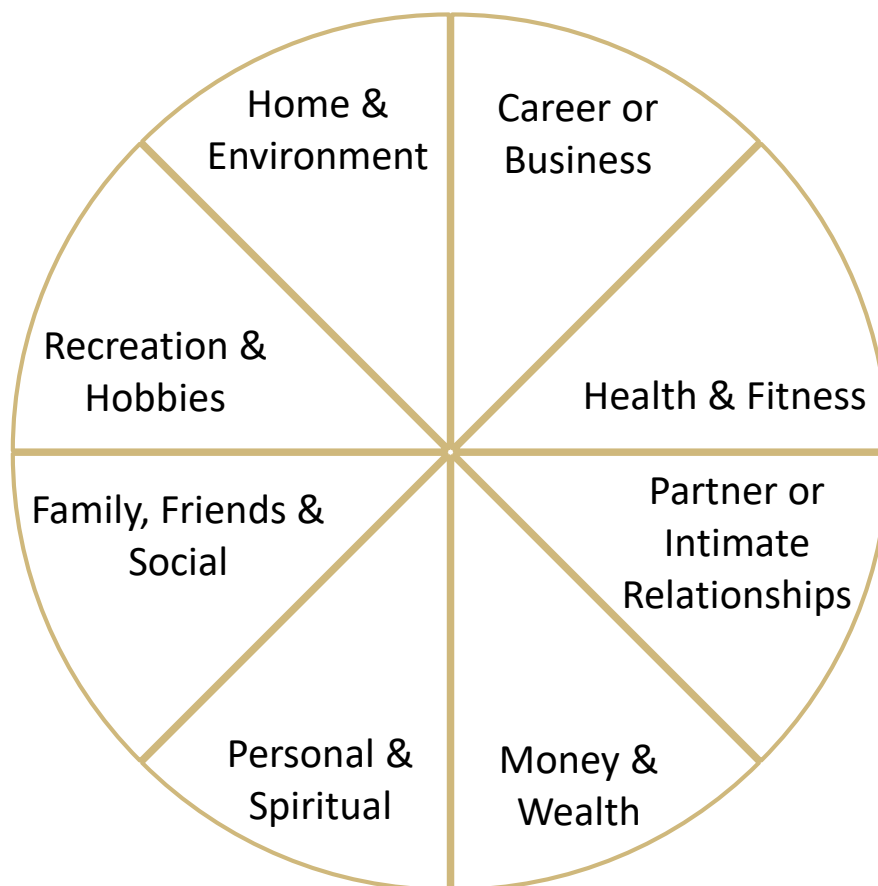
## Emotional Resilience Defined

Emotional resilience: The capacity to maintain self-belief and rise above adversity, all the while forging lasting strengths in the struggle. Note: resilience does *not* grant one the ability to avoid harm

Go to [www.menti.com](http://www.menti.com) when prompted and enter the code displayed on the presentation.

## Notes Section

## 8 Areas of Resilience



**Using a scale of 1-5 (highest), where do you rank your degree of competency in each of the 8 Areas of Resilience?**

1. Career or Business
2. Health and Fitness
3. Partner or Intimate Relationships
4. Money and Wealth
5. Personal and Spiritual
6. Family, Friends and Social
7. Recreation and Hobbies
8. Home and Environment

## Conditions that Hinder Resilience

Condition	Commonly Associated Belief
<b>Fear</b>	<ul style="list-style-type: none"> <li>• I've always been told that I can't</li> <li>• It's too late</li> <li>• If it goes wrong I won't be able to handle it</li> </ul>
<b>Pride</b>	<ul style="list-style-type: none"> <li>• I already know everything I need to know</li> <li>• I take feedback as a personal attack</li> </ul>
<b>Anxiety and Overwhelm</b>	<ul style="list-style-type: none"> <li>• I feel threatened/intimidated</li> <li>• My current abilities are the measure of my worth</li> <li>• I always struggle with</li> </ul>
<b>Resentment and Blame</b>	<ul style="list-style-type: none"> <li>• It's their fault</li> <li>• If it weren't for them, things would be better</li> <li>• They made me unhappy</li> </ul>
<b>Fixed Mindset</b>	<ul style="list-style-type: none"> <li>• If I fail, others will judge me harshly</li> <li>• There's no point of trying if I'm going to fail</li> <li>• I can't get better</li> <li>• I have nothing to contribute</li> <li>• It's better to not try and avoid failure, then to try and fail</li> </ul>

## Building Resilience

Categories	Action Items
<b>Build Your Connections</b>	<ul style="list-style-type: none"> <li>• Prioritize relationships</li> <li>• Join a group</li> <li>• Spend time in nature</li> </ul>
<b>Foster Wellness</b>	<ul style="list-style-type: none"> <li>• Take care of your body</li> <li>• Practice mindfulness</li> <li>• Avoid negative outlets</li> </ul>
<b>Find Purpose</b>	<ul style="list-style-type: none"> <li>• Help others</li> <li>• Be proactive</li> <li>• Move toward your goal</li> <li>• Look for opportunities for self-discovery</li> </ul>
<b>Embrace Healthy Thoughts</b>	<ul style="list-style-type: none"> <li>• Keep things in perspective</li> <li>• Accept change</li> <li>• Change the narrative</li> <li>• Learn from your past</li> </ul>

**What is at least one choice you will make starting today in order to create a positive impact in your life right now for yourself and/or those you love?**