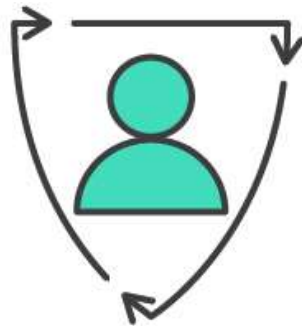


Resilience Espresso



Energy

HEALTHY BOUNDARIES

Everyone's experience of boundaries at this time will be different. Consider your own situation.

How can you maintain boundaries? Consider:

- Workspace
- Your workday schedule
- Expectations
- Rest and breaks
- Exercise
- Time for meals

TOP TIPS

- Take regular breaks
- Set an alarm to remind you to step away
- Create a workspace
- Shut down your workspace
- Be pragmatic and flexible
- Agree expectations
- Ensure down time before sleep

Future Focus

IMAGINARY HINDSIGHT

1. Current Reality	3. Steps I Can Take	2. Desired Future State

Inner Drive

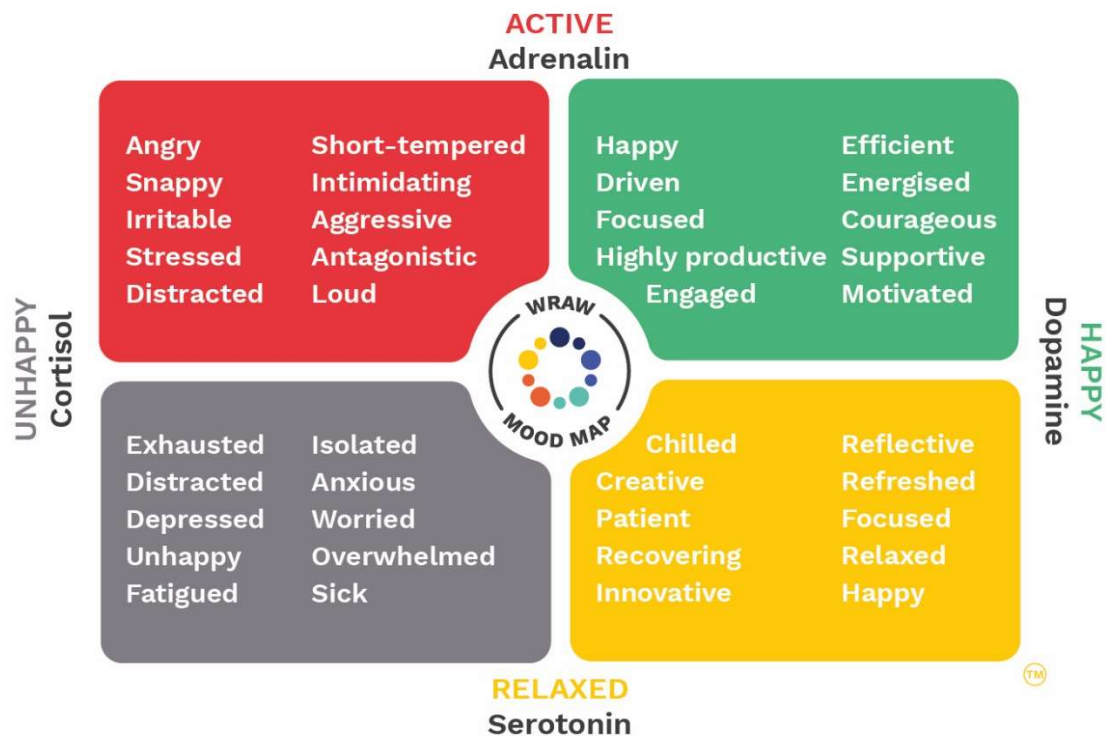
'GRIT' INTERVIEW

- What is the biggest goal you've set that you were able to achieve?
- What did you have to do to accomplish that goal?
- Did you ever think of giving up? If so, how did you overcome that thought?
- How did you feel when you accomplished that goal?
- What advice would you have for me when I am struggling to meet my goals?

Flexible Thinking

THE MOOD MAP

Our mood is closely linked to how we think and how we behave. Consider when you're in an upbeat mood – your thinking tends to be more expansive, more flexible and more solutions-focused. As a result, you're more energised, more engaged and also more productive.



Regularly accessing the Yellow Revived Zone supports healthy high performance:

- Helps ward off spiralling, unhelpful negative thoughts and emotions
- Helps us make better decisions and think more clearly
- Increases our creativity and ability to be more open-minded
- Offers an invaluable window for us to recalibrate and recharge

How can you ensure you spend more time in the RHS of the Mood Map, specifically the Yellow Revived Zone?

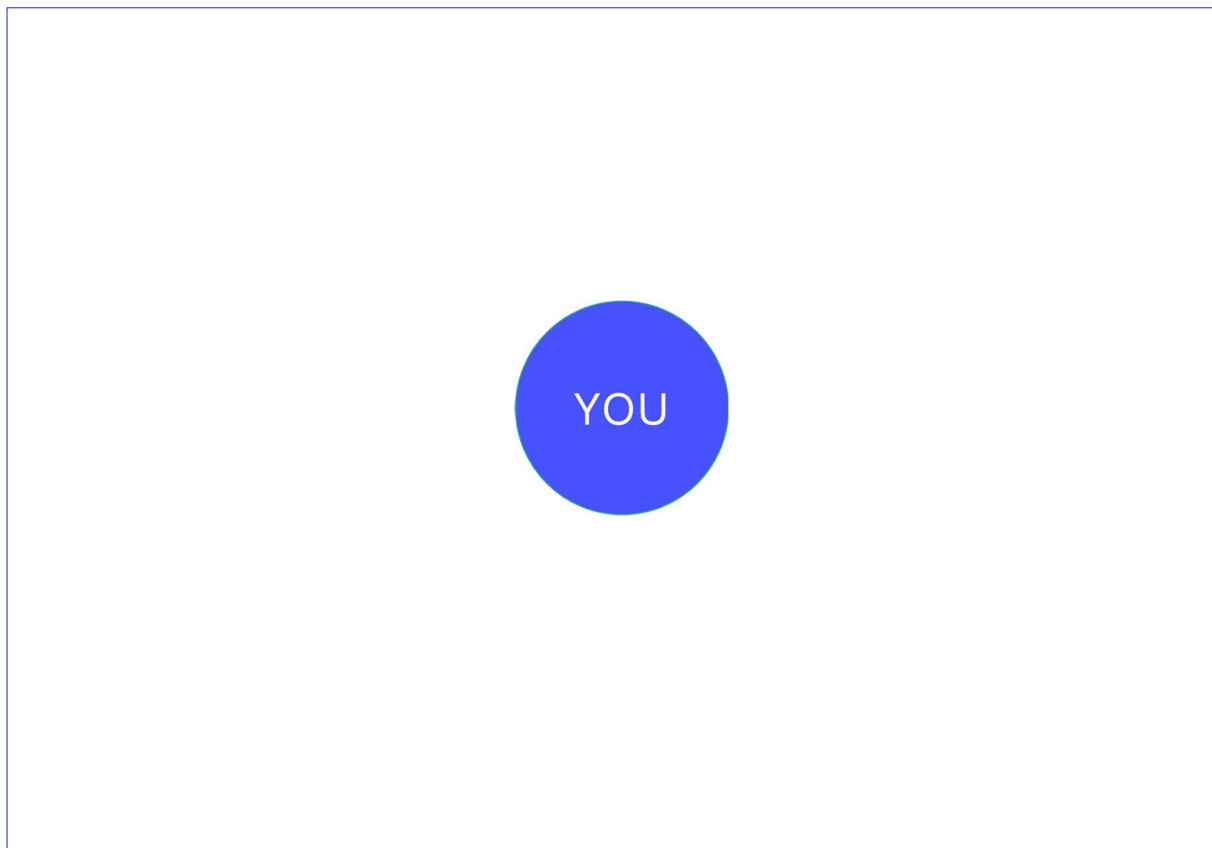
Strong Relationships

SUPPORT NETWORKS

Our resilience is based on our ability to both give and receive trust and support from those around us, both in our professional and in our personal lives.

Support networks are the range of people who support us, and who we support. Here's how to map out your support network.

- Write your name in the centre of the circle below.
- Around the outside, write down all the people who support you. Think about friends, colleagues, partners, mentors, sponsors, family as well as those who support practically.
- Draw an arrow from you to them. The thicker it is, the more they support.
- Then write down the names of the people that you support. Some may be the same people.
- Draw an arrow from them to you. The thicker it is, the more you support.
- Finally, draw a circle around those who hold a strong, positive belief about you.



Now, look at your network. What do you notice?

- Where might you need more support currently?
- How will you ensure you get it?

Action Plan

What steps will you take to develop your own resilience?

Disclaimer

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