

SKILL #1

# Awareness.

You can't manage what you can't observe. Resilience begins with stepping back, noticing the impact pressure is having on you, and choosing an action that will allow you to exert some control.



# Use the Four Resilient Choices to begin to exert control.

When you notice that you're feeling overwhelmed, work your way through the following list to find places to exert some control:

1

## ELIMINATE UNNECESSARY STRESS

Are there tasks, decisions, requests, irritations or stressors that you could remove, delegate or postpone? Be ruthless.

- In your work world
- In your personal world

2

## BUILD PHYSICAL RESILIENCE

Are you building the physical platform that will allow you to stay resilient?

- Get 7 hours of sleep a night
- Move for at least 30 minutes throughout your day
- Make healthy eating decisions and stay hydrated

3

## MAINTAIN RELATIONSHIPS

Are you tapping into the relationships you have with people who care about you?

- Identify the people who bring you energy
- Make it a point to connect with one of them each day

4

## BUILD INNER SKILLS

Are you strengthening your inner resilience muscles?  
(see separate cards for each skill)

- Consciously choose a resilient perspective
- Manage your energy
- Pay attention to your imagery
- Focus on what matters