

MONTHLY TOPICS FOR RESILIENCY

Accomplishing-Goals –Values Based Living

Goal: To gain a sense of purpose and feeling of control; helps to prioritize and allows you to find opportunities to live your values.

When: Set aside time on a regular basis
When you need a sense of direction

How:

- Define your values
- Set goals based on your values
- Chart Your Course
- Set subgoals – immediate, short-term & long term
- Consider potential obstacles and strategies to overcome them
- Share your goals

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Values are the leading principles that guide and motivate us

The more specific the goal, the more likely you will achieve that goal

Create sub goals provides structure to pursuing your goals and opportunity to evaluate your progress

Capitalizing on Strengths

Goal: To identify your strengths, spot strengths in others and find opportunities to use your strengths.

When: When facing a challenge
On a regular basis

How:

- Know your Signature Strengths (Top 5)
- Identify how others are using strengths
- Find new ways to **develop** and **use** you Signature Strengths

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Take the Via Me Classification survey to learn what your strengths are – survey site

<https://www.viacharacter.org/survey/Account/Login?ReturnUrl=%2Fsurvey%2FSurveys%2FFinished%2F4706653>

Mindfulness

Goal: To be present in the moment and disengage from negative thoughts that interfere with your performance, values or goals.

When: When your brain is clouded by negative thoughts or beliefs that prevent you from acting based on your values

How:

- Anchor yourself physically
- Notice 3 things around you
- Notice any thoughts and emotion swirling around in your head
- Allow your thoughts and emotion waves, ebbing and flowing
- Take action based on your values

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Mindfulness is to achieve a state of alertness

Benefits of mindfulness – reduces stress, improves depression and relapse of addictions, increases quality of life, and improves sleep.

How can you use mindfulness to promote resilience in your life?

Are you Mindful or is your Mind Full?

Spiritual

Goal: To strengthen the beliefs, principles or values that sustain our sense of well-being and purpose

When: Set aside time on a regular basis
When you need a sense of direction or renewal

How:

- Identify your essential spiritual beliefs.
- Identify a simple phrase that will remind you of your essential beliefs. (Spiritual Reminder)
- Meditate on one's Spiritual Reminder to gain perspective and acceptance

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Spiritual – Meaning-making is to help shed light on difficult situations and find ways to grow and benefit from adversity

Who is your board of directors – Individuals or experiences that influenced our belief system to help us thrive in times of adversity. They can change for each situation.

Do you have reminders in your life to strengthen you during adversity.

Physical

Goal: To understand how the link between physical and mental fitness improves performance, leadership, and overall health; identify and apply tools to effectively manage physical and mental energy.

When: Daily

How:

- Choose a varied diet consisting of “real foods.” Regulate intake of calories to exercise level.
- Exercise when stressed, have “brain drain” or to improve overall health and fitness.
- Be mindful of supplement intake and risks
- Recover energy by using daily boosters and rejuvenation tools to fill your energy tank

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SuperTracker – USDA website that can help you plan, analyze, and track your diet and physical activity

“Go For Green” – joint service nutrition education and promotion program. Green (Go), Yellow (Caution), Red (Stop)

Operation Supplement Safety (OPSS) – [Http://hprc-online.org](http://hprc-online.org)

ABC

Goal: to be aware of how your brain drives reactions to an event.

When: When you need a better understanding of why you reacted to an event

in a certain way.

When you don't think your reactions were helpful in the situation.

In the moment, use it to slow down and ensure your reactions don't interfere with your performance, values or goals.

How:

- Describe the **A**ctivating event. Be specific and objective.
- Record your **B**eliefs (your brain's interpretation)
- Record the **C**onsequences—emotional reactions and physical/behaviors.
- Ask: Did my reactions interfere with my performance, goals, or values?

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A – Activating Event (AE) – the trigger that initiates the entire process

B – Belief – your “Ticker-Tape” beliefs

C- Consequences – Emotional and Physical Reactions

The Amygdala hijack – reacts to activating events by preparing the body to fight, flight, or freeze.

Interpersonal Problem Solving

Goal: To address problems in a manner that still shows respect for the relationship; lowers the intensity and makes it easier to find a resolution they can each live with.

When: When you need to find a resolution to a problem.

How:

- Define the problem (use the wind-up approach) Ask for the other person's perspective
- Work together to generate solutions Evaluate the solutions
- Choose a solution and seal the agreement

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5 Steps of IPS

Define the problem

Ask the other persons perspective or concern

Work together to generate a solution

Evaluate the solution

Choose solution and seal the agreement (deal)

Check Your Playbook

Goal: To be aware of what influences unproductive patterns or uncharacteristic consequences that interfere with your performance, goals or relationships

When: If your reactions interfere with your performance, goals or relationships
If you have an uncharacteristic reaction
If you are stuck in an unproductive pattern

How:

- Use ABC
- What might have influenced this reaction?
- What is most important to you? Do you need a new play?

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Ask your self the critical question: “What is most important right now?” 5 What’s

What...does this mean to me?

What...is the most upsetting part of that for me?

What...is the worst part of that for me?

What...does that say about me?

What... is that so bad?

“Flag on the Play” – reactions may interfere with your performance, values, goals, or relationships.

Acceptance

Goal: To acknowledge and negative aspects of events that you can’t control and disengage from negative thoughts that interfere with our performance, values or goals.

When: After or during an adversity
When negative thoughts prevent you from taking action

How:

- Utilize Acceptance Strategies
- Mindfulness

- Meaning-making (refer to Spiritual)

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Acceptance is an opportunity to accept the challenges in our life, make meaning, and grow

Acceptance allows us to focus on the things that matter in life and improve our productivity and performance

Gratitude

Goal: To cultivate gratitude, build optimism and positive thinking, help you cope with daily hassles and stress, and improve quality of life.

When: Set aside time on a regular basis
In moments of stress to counter negative thinking

How:

- Write down at least 3 things that went well
- Reflect on them and ask yourself:
 - Why did this go well?
 - How did I contribute to this blessing?
 - How did others contribute?

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Gratitude will help you counteract the negativity bias – focus on positive events.

Benefits of Gratitude – have fewer visits to physicians and exercise more

Gratitude is a sense of wonder, thankfulness, and appreciation for life

Expressing Gratitude makes you feel more positive towards others, and comfortable expressed themselves

The act of gratitude is the act of focusing on the good in life – more optimistic

Good Listening

Goal: To make someone feel safe in speaking to you as a confidante.

When: When someone comes to you with news—good or bad

How:

- Use ABCDEs
- **A**ttend with genuine interest
- **B**e responsive to what is said
- **C**are about the other person
- **D**on't interrupt
- **E**ncourage the person to say more.

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Good communication skills require a high level of self-awareness.

Good listening strengthens our social resilience

Balance Your Thinking

Goal: To help you perceive situations accurately and take action based on the evidence

When: When your brain is driving reactions that interfere with your goals, values or performance
When you are stuck in a cognitive trap or need to improve decision-making

How:

- Check for Balanced Thinking:
- Examine the evidence
- Check for a double-standard
- Phone-a-friend

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Combating Unbalanced thinking – examine evidence (examine validity), check for double standards (avoid catastrophizing), phone-a-friend (gain distance from the thought).

BYT – avoid cognitive traps – all or nothing, Confirmation bias, blaming self or others, Mind reading.

BYT – take out the words, “U”, use “I” or “WE”.

Instant Balance Your Thinking

Goal: To attack unbalanced thoughts **quickly** so you can focus on your performance

in the moment

When: When you need to defuse doubt and anxiety so you can focus on your performance
When preparing for a challenging task, event, or interaction

How:

- Use Balance Your Thinking strategies.
- Provide evidence against the belief
- Check for a double-standard
- Decide if the thought is relevant to the task you need to accomplish
- Use your experience, training, past accomplishments to combat your unbalanced thinking

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BYT/IBYT- Mental toughness – Do I have any evidence to disprove this belief/thought?

Am I holding myself to a different standard?

Is the thought that I'm having even relevant to the task at hand?

What training have I done in the past or in a similar situation I have faced?

Active Constructive Responding

Goal: To build, strengthen, and maintain important relationships.

When: When someone shares **good** news

How:

- Ask questions and show enthusiasm

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