



# POWER UP YOUR RESILIENCE

## Recognize:

Catch yourself reacting. Notice and name your experience, with a focus on acknowledging emotional feelings, thoughts, physical or bodily sensations. It might sound like, "I can't believe he didn't understand!" I feel misunderstood. I sense a tension headache coming on. "

## Reflect:

Good catch! Now, take 3 deep, cleansing breaths and release your tension, allowing your biology to calm.

If you can stay with your experience for 90 seconds, your biology will calm down, the neurochemicals that became activated will subside. Your head will clear. Then, feel your feet, to ground you in the present moment.

## Reframe:

With your head now clear, come up with at least 3 other explanations for what's going on in the situation at hand. Hold them as equally plausible as your own view.

At times simply calming your body isn't enough because the survival emotions keep rearing, often accompanied by a voice in your head. You want to be able to reframe and create a new neural pathway for responding in choice vs. simply reacting.

## Respond:

Now you can choose your response. What is the best right action?

## Reset:

Here you'll bring all your attention to bear on your new response. For example, " In this situation \_\_\_\_\_, I acknowledge that I was triggered. I felt \_\_\_\_\_, I thought \_\_\_\_\_, and I wanted to/did act like \_\_\_\_\_. I was at the mercy of my survival mode reactivity.

Now, I choose to see the situation this way \_\_\_\_\_, to feel \_\_\_\_\_ on purpose, to act this way \_\_\_\_\_ in order to reset myself and to live purposefully.

By following these steps you'll move from simple reactivity and surviving to renewing your energies and thriving, powering up your resilience to embrace any challenge.

