# 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 hoosing Resilien 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

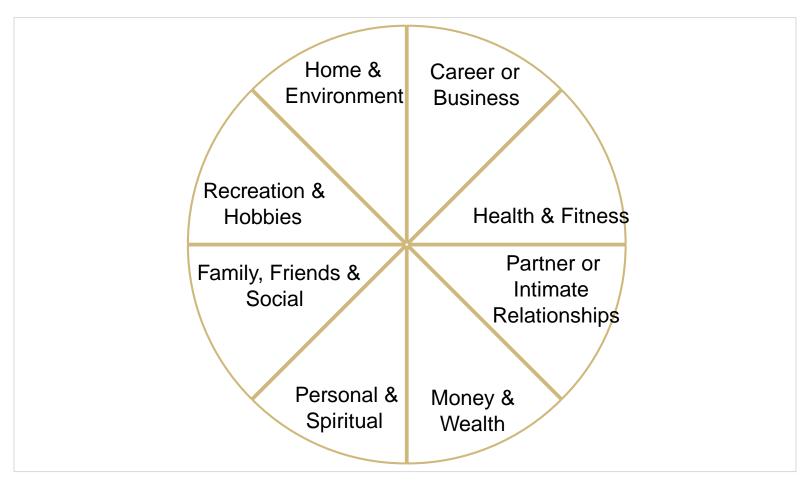
#### **Emotional Resilience Defined**

<u>Emotionalresilience</u> The capacity to maintain selfelief and rise above adversity, all the while forging lasting strengths in the struggle. Note: resilience docesgrant one the ability to avoid harm

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Notes Section

## 8 Areas of Resilience



<u>Using a scale of-5 (highest)</u>, 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. P

## Conditions that Hinder Resilience

Condition	Commonly AssociatedBelief
Fear	I've always been told that I can't
	It's too late
	If it goes wrong won't be able to handle it
Pride	I already know everything I need to know
	I take feedback as a personal attack
Anxiety and Overwhelm	I feel threatened/intimidated
	My current abilities are the measure of my worth
	I always struggle with
Resentment and Blame	It's their fault
	If it weren't for them, things would be better
	Theymade me unhappy
Fixed Mindset	If I fail, others will judge me harshly
	There's no point of trying if I'm going to fail
	I can't get better
	I have nothing to contribute
	<ul> <li>It's better to not try and avoid failure, then to try and fail</li> </ul>

# **Building Resilience**

Categories	Action Items
Build Your Connections	Prioritize relationships
	Join a group
	Spend time in natue
Foster Wellness	Take care of your body
	Practice mindfulnesde.vE7/MCID1225ininÄ :'ÂèC(V"R \$%
	Avoid negative outlets
Find Purpose	•