

# Resilience Reminders



**Past Evidence:** Think about times in the past when you felt overwhelmed or unable to overcome a challenge, and think about how you did overcome it. When we are struggling, we often discount the past evidence that shows we are able to overcome the next challenge. Pull these things to the forefront of your mind and use them as evidence when you may be struggling.

**Perspective:** When you're feeling overwhelmed, think about the event that is most stressful to you and think "will this matter to me in a day, a week, a month, a year, and five years?". This isn't meant to decrease the importance of what you're feeling, but to refocus your perspective.

**What's Missing?:** There is often something missing from our experience, preventing us from feeling calm, full or connected. To figure out what that is, consider this: overnight, a miracle happens and all of your problems disappear, but no one tells you that a miracle happened. What would be different in your life the next day to indicate to you that all of your problems are gone?

**List Your Accomplishments:** If you don't congratulate yourself for the goals met, no one else will. Think about the goals you have been setting and give yourself a pat on the back when you meet them. This could be for seemingly small goals, but congratulating yourself gives yourself a level of competence and mastery which can be helpful for your esteem.

**Breathing:** You may have used breathwork in the past, as it can quickly calm feelings of anxiety. Consider diaphragmatic breathing: when you inhale, intentionally (and obnoxiously) push your stomach out and when you exhale, intentionally pull your stomach in. This causes your body to be flooded with hormones that relaxes your body, combating anxiety on a biological level. Since this is a biological strategy, even if you don't believe in breathwork, it will work!

**Remember Your Values:** Consider those deeply held values that help dictate your behaviour and direction in life. These often get lost as we become busier and our life demands that we focus on other areas. Take some time to realign with those values, consider how your life can and does fit with them, and "trim" behaviour that doesn't fit with them.