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Cultivating Resilience in Challenging Times

What I'll cover:

- ✓ **What is resilience?**
- ✓ **Key elements of resilience**
- ✓ **The resilience mindset**
- ✓ **Powerful tools for resilience**

resilience:

[ri-zil-yuhns]

1. the ability of a person to adjust to or recover readily from illness, adversity, major life changes, etc.
2. the ability of a system or organization to respond to or recover readily from a crisis, disruptive process, etc.

“Building resilience isn’t about becoming immune to pain. It’s about recognizing that we have the strength to persevere in the face of pain.”

- Adam Grant



The KEY to resilience

4 Keys to resilience:

- ✓ **Mindset**
- ✓ **Compassion**
- ✓ **Optimism**
- ✓ **Mastering meaning**



Mindset



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Weak Mindset	Strong Mindset



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Weak Mindset	Strong Mindset
Negative self-talk	Positive self-talk



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Weak Mindset	Strong Mindset
Negative self-talk	Positive self-talk
Anxious thoughts	Optimistic thoughts



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Weak Mindset	Strong Mindset
Negative self-talk	Positive self-talk
Anxious thoughts	Optimistic thoughts
Negative emotions (sad, stressed, angry, etc.)	Positive emotions (hope, excitement, optimism)



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Weak Mindset	Strong Mindset
Negative self-talk	Positive self-talk
Anxious thoughts	Optimistic thoughts
Negative emotions (sad, stressed, angry, etc.)	Positive emotions (hope, excitement, optimism)
Repeating negative experiences	Breaking patterns/cycles of behavior



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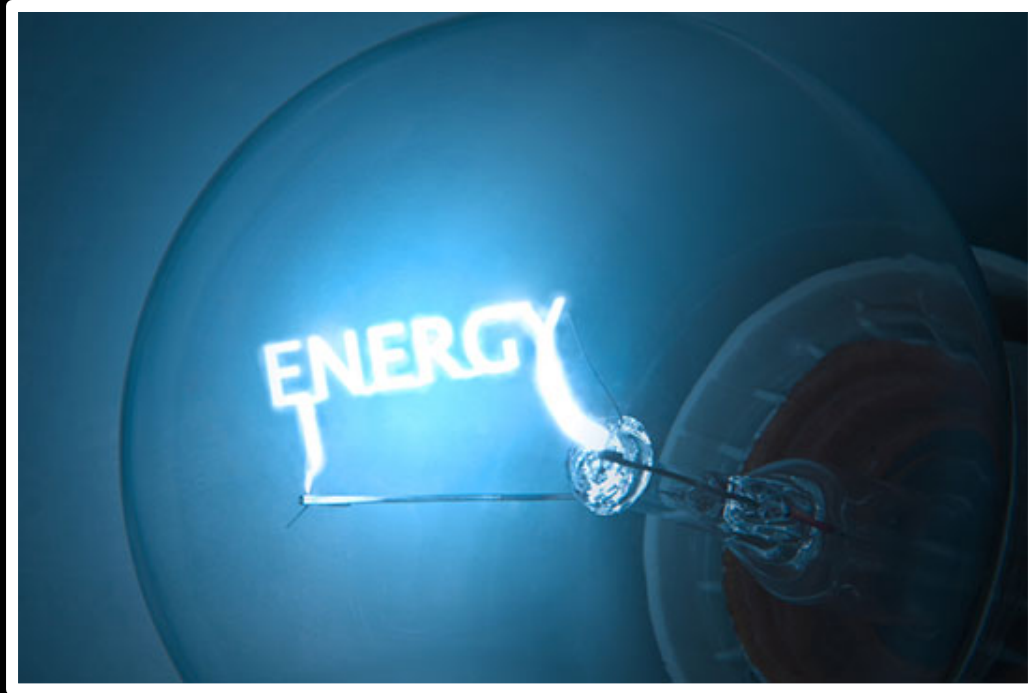
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Weak Mindset	Strong Mindset
Negative self-talk	Positive self-talk
Anxious thoughts	Optimistic thoughts
Negative emotions (sad, stressed, angry, etc.)	Positive emotions (hope, excitement, optimism)
Repeating negative experiences	Breaking patterns/cycles of behavior
Lack of belief, confidence	Having belief, confidence



**Every thought is
a pathway**



Where focus goes...
Energy flows



Compassion



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A non-judgmental approach to life's disappointments

Compassion helps you become more peaceful and less angry, more patient and less stressed, more forgiving and less defensive.



Optimism

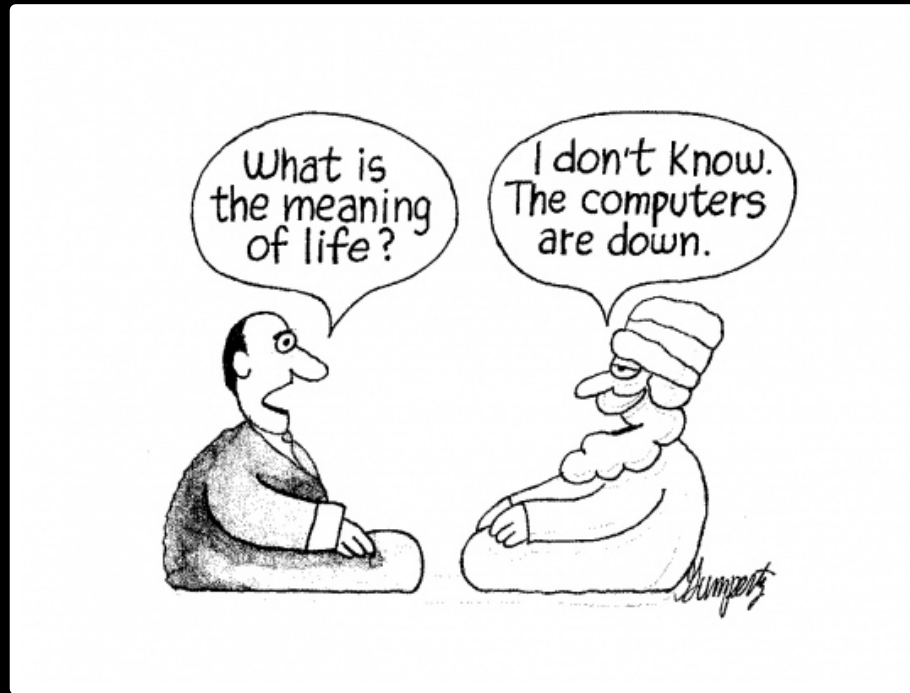


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Optimism vs. Pessimism



Master of Meaning



**Nothing in life has any
meaning except the
meaning that YOU give it.**



Resistance



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Ways your mind will resist:

- ✓ You can't just change your thoughts, feelings, beliefs
- ✓ This will take too much time
- ✓ I already know this stuff
- ✓ Sounds like a bunch of new age bullsh*t
- ✓ I'm no good at this/I'm broken



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Do it anyway!



**It's HERE whether
you're ready or not**



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Thank you!
Questions?



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