

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 Choosing Resilience 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

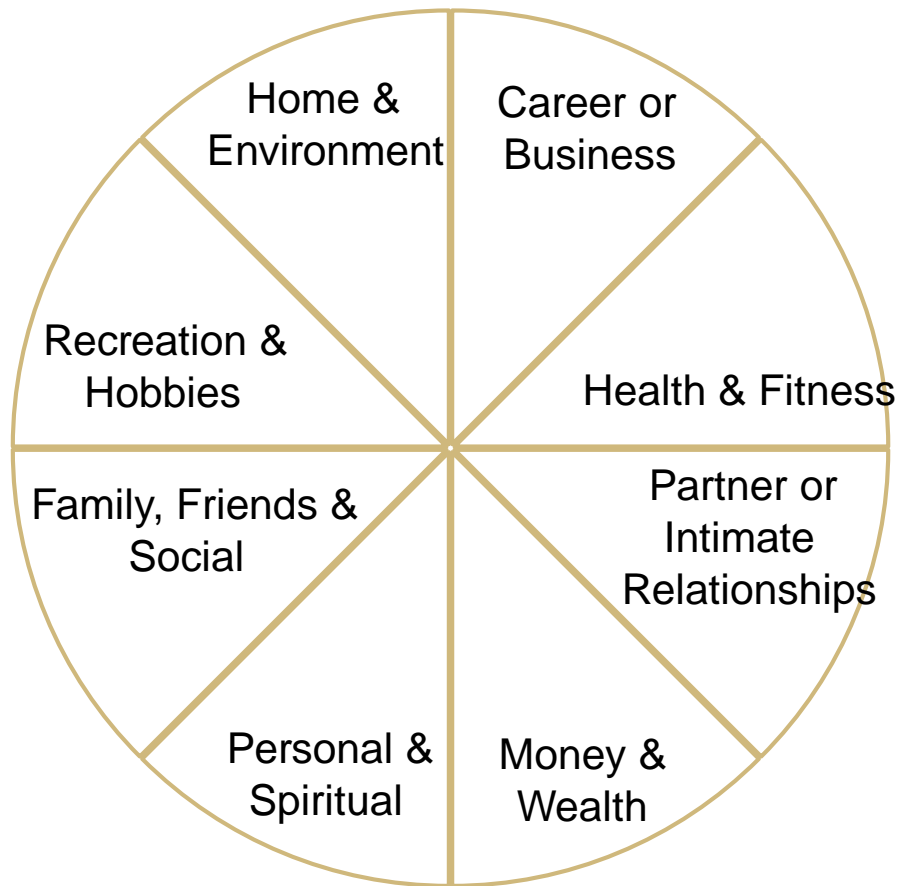
Emotional Resilience Defined

Emotional resilience The capacity to maintain self-belief and rise above adversity, all the while forging lasting strengths in the struggle. Note: resilience does not grant one the ability to avoid harm

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Notes Section

8 Areas of Resilience



Using a scale of-5 (highest), 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 Associated Belief
Fear	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> I already know everything I need to know I take feedback as a personal attack
Anxiety and Overwhelm	<ul style="list-style-type: none"> I feel threatened/intimidated My current abilities are the measure of my worth I always struggle with
Resentment and Blame	<ul style="list-style-type: none"> It's their fault If it weren't for them, things would be better They made me unhappy
Fixed Mindset	<ul style="list-style-type: none"> 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 It's better to not try and avoid failure, then to try and fail

Building Resilience

Categories	Action Items
Build Your Connections	<ul style="list-style-type: none"> Prioritize relationships Join a group Spend time in nature
Foster Wellness	<ul style="list-style-type: none"> Take care of your body Practice mindfulness Avoid negative outlets
Find Purpose	<ul style="list-style-type: none">