

BUILDING RESILIENCE WORKBOOK

By Alice Driscoll Coaching

SECTION 1: DEFINITIONS

1. Working definitions of resilience

There are a number of definitions of resilience available. Here are a few that I have found useful:

'The ability to bounce back/recover quickly'

'The ability to sustainably cope with the ups and downs of daily life'

'The capacity to tap into resources, both inner and collective resources' (Esther Perel)

'Moving forward positively after a set back' (Sarah Ellis)

Resilience is not:

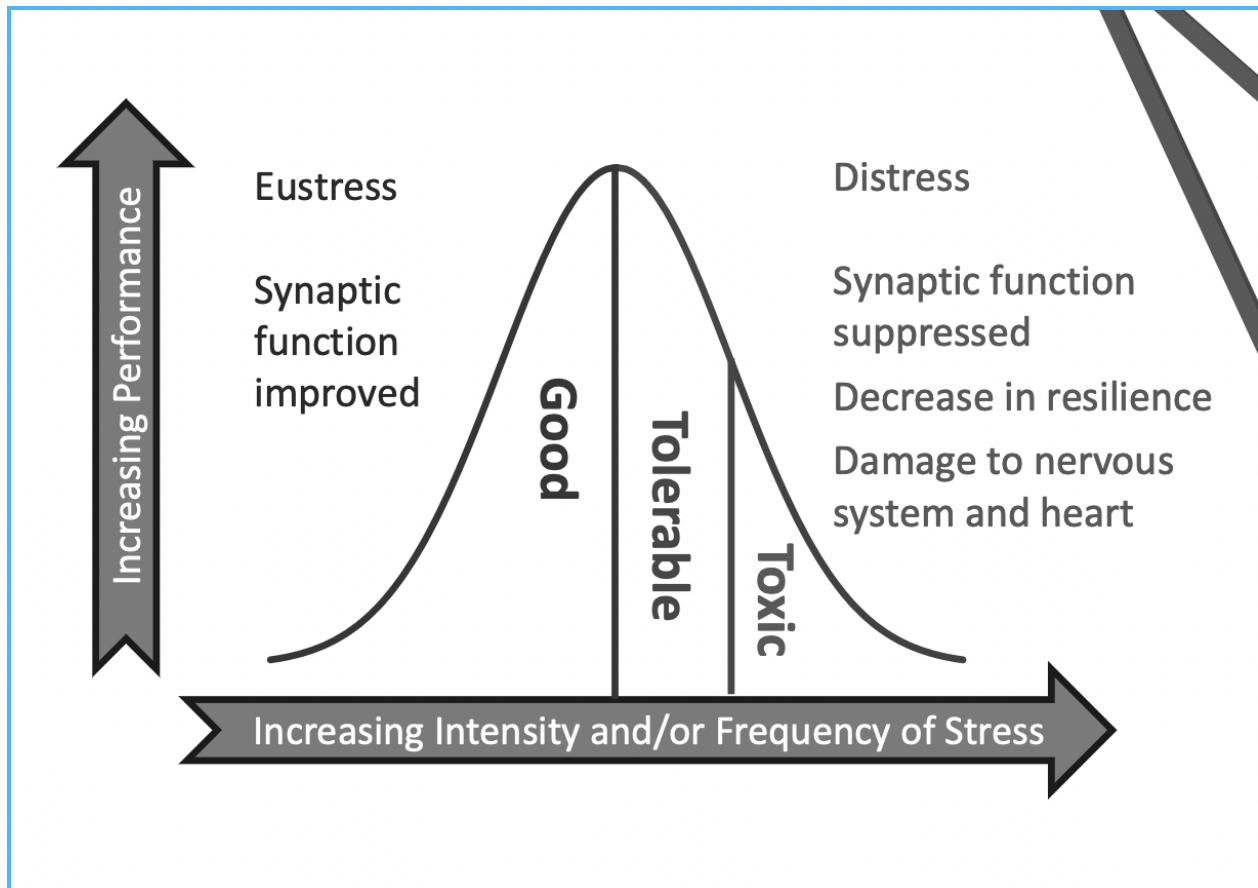
1. About toughing it out. Pure Grit.
2. Ignoring stress - that is the opposite of resilience because it does not enable us to sustainably continue working or be resourceful.
3. An fixed trait we we either have or don't have but something we can learn, a system we can develop and need to actively invest in and manage
4. Ethically good or bad

Capture your personal and meaningful definition of resilience below

“

”

SECTION 2: STRESS ZONES



Good stress (or Eustress) involves the stress associated with successfully rising to a challenge, or taking a risk that is ultimately rewarding.

Tolerable stress can be seen when the stress in an event is greater than we can cope with alone but is still able to be overcome with the help of support systems, including family, friends and colleagues.

Toxic stress is the response to events that are felt to be out of our control. This is found more often in individuals who might have had an adverse early life event, or in people who have limited or no support network.

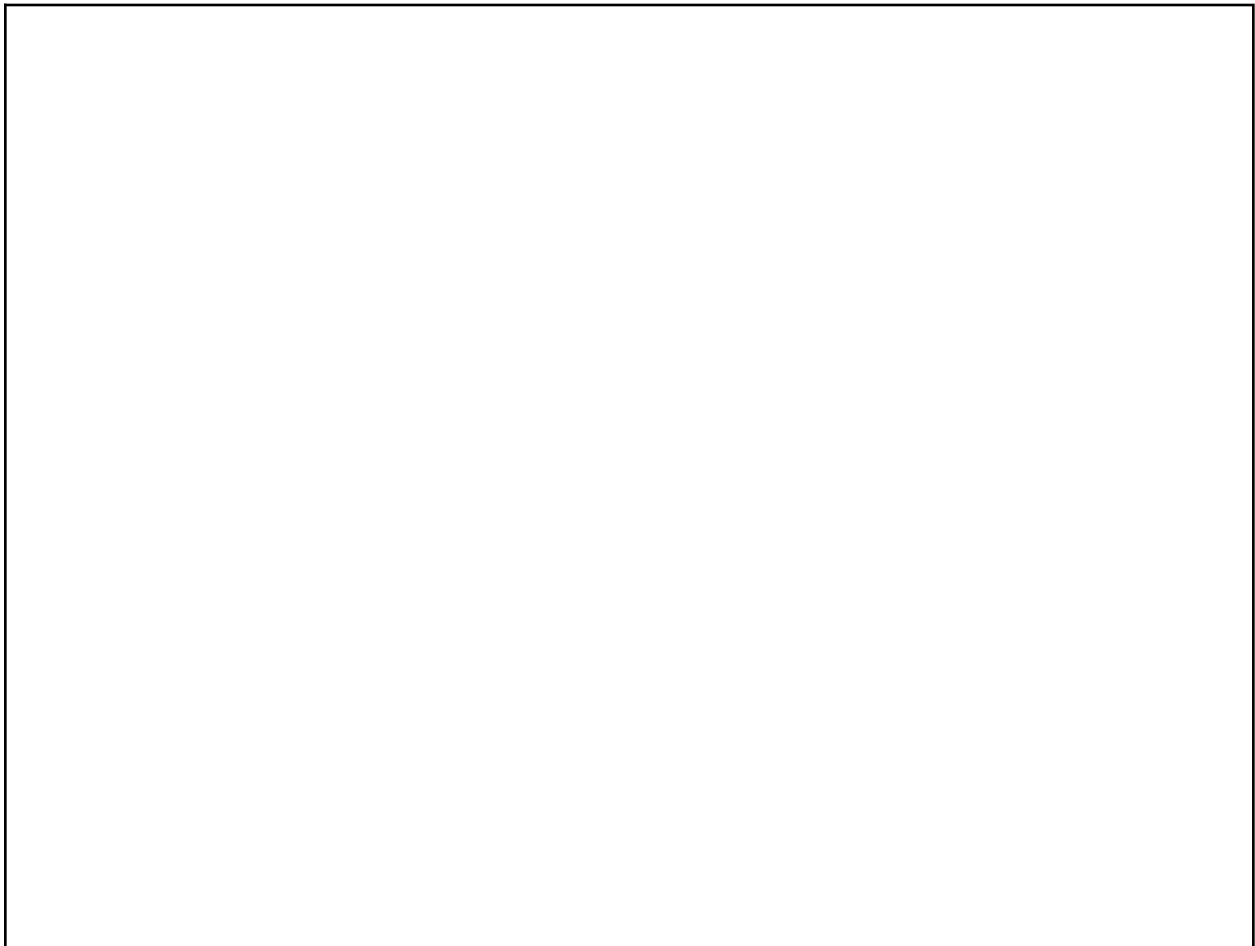
My good stress response

Thinking first about good stress:

What happens to me physically as I move into this zone?

How does my behaviour change?

Do I behave differently to others?

A large, empty rectangular box with a thin black border, intended for the user to write their responses to the questions above.

My toxic zone stress response

What are my personal early warning signals I am moving into the toxic zone?

What happens to me physically once I am fully in it?

How does my behaviour change?

Do I behave differently to others?



Re-framing events and our stress response:

1. What happened?
2. What did I make it mean?
3. How do I feel as a result?
4. Is it definitely true?
5. What other possible interpretations are there that might be equally true?

Resilience buckets

My resilience buckets



physical

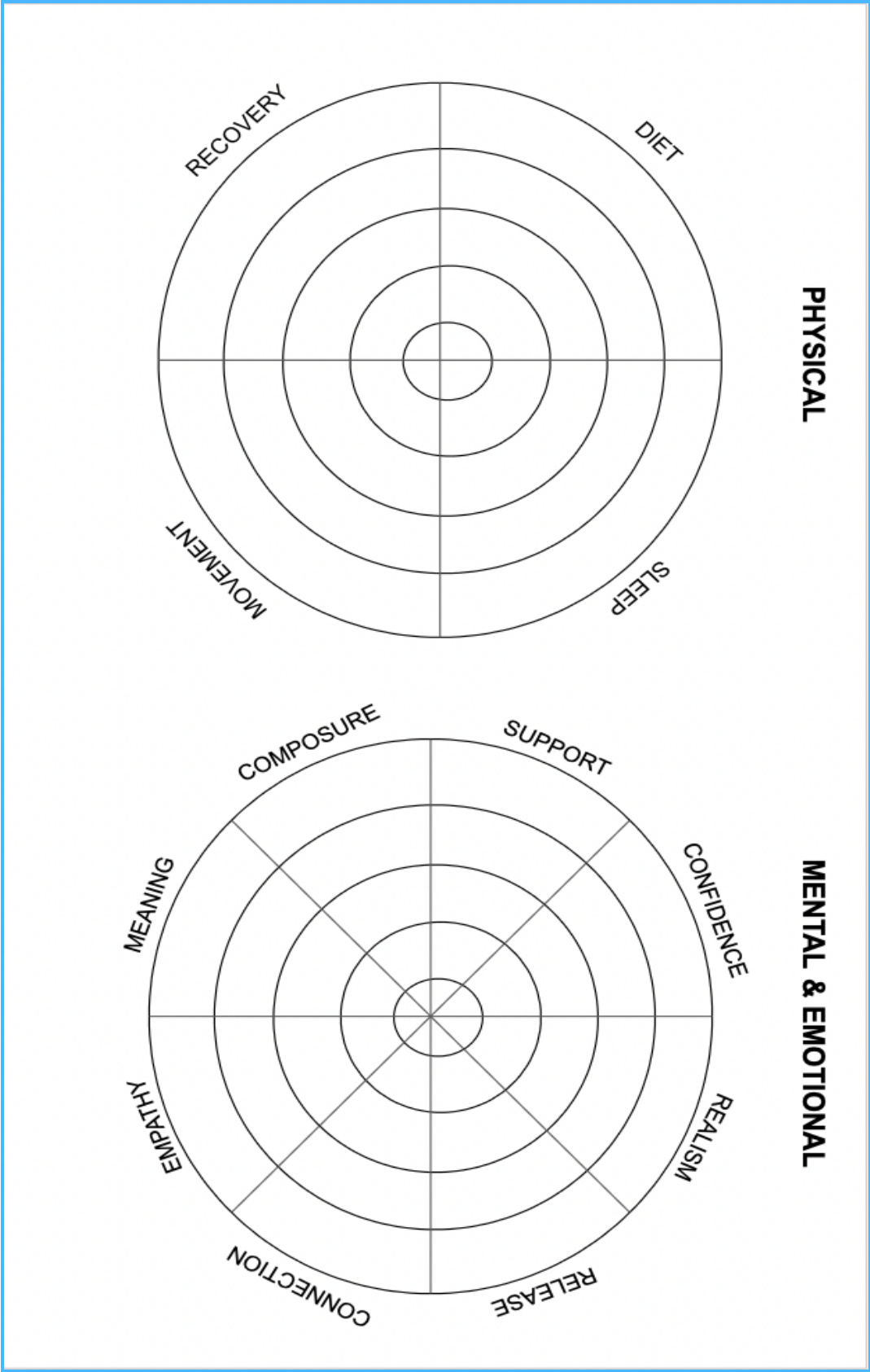


Mental & emotional

Physical: sleep, nutrition, exercise, how we rest and recover

Mental (thoughts): calmness, compassion, and clarity.

Emotional (feelings): agility and ability to observe and regulate our feelings.



My Resting Resilience Rate

Score Each 1-5.

PHYSICAL:

1. SLEEP: How consistently do you get enough sleep?
2. MOVEMENT: I consistently incorporate enough movement into my week
3. DIET: My diet is balanced and gives me the energy I need
4. RECOVERY: Do I know how to physically rest and recover?

MENTAL & EMOTIONAL

1. CONFIDENCE: Do you feel confident in your ability to deal with challenges and improvise solutions with the resources you have available?
2. REALISM: Do I balance optimism and pessimism and focus on what is within my control? Do I make plans that prepare me for possible obstacles?
3. RELEASE: Do I know how to release my emotions and decompress?
4. CONNECTION: Do you make time for relationships (beyond tasks) and are you able to share your challenges and difficulties with others vulnerably?
5. SELF-COMPASSION/EMPATHY: Do you feel comfortable with who you are and the value you bring? Do you have positive self-talk?
6. SUPPORT*: Do you have people who are there for you when you need them, who understand your context and help to give you perspective?
7. PURPOSE/MEANING: Do I ask why me or why not me? Can I create purpose and meaningful constructs out of suffering?
8. COMPOSURE: Are you calm and controlled when experiencing challenge and difficulty?

TOTAL SCORE:

* How balanced is your support system?

Support I am giving (including frequency)	Support I am receiving (including frequency)

Reflection questions:

What do you notice about your scores?

Where do you need to invest in your resilience?

What are your non-negotiable daily or weekly anchors?

What one tiny thing can you commit to doing from your physical list every single day from now on?

What do you want to find out more about?

Who or what can help you find out more?

My personal resilience building action plan:

Three steps I will take to invest in my resilience:

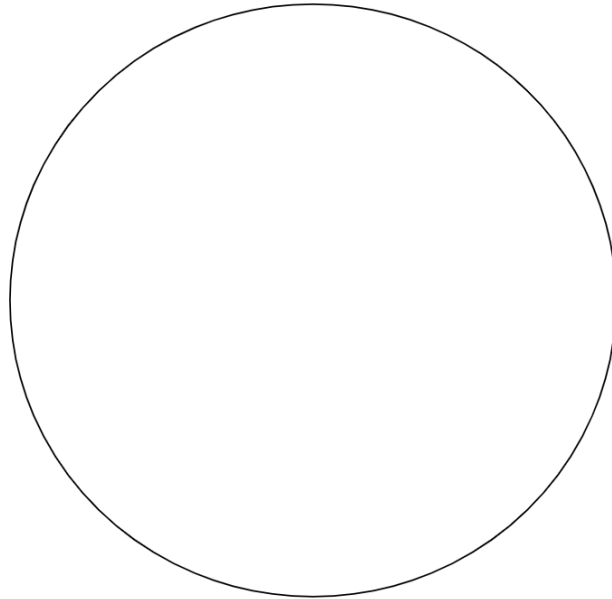
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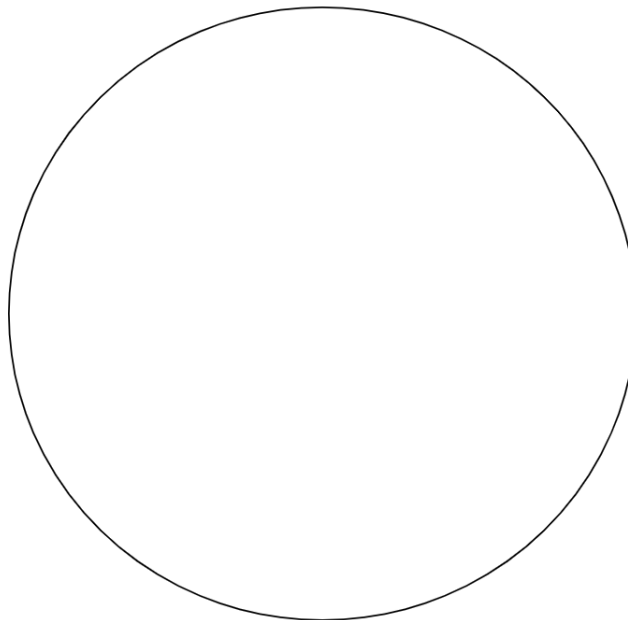
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1.f My perfect pie

This is how I am spending my time in a typical week (don't forget to include, sleeping, eating, doing nothing etc):



This is my perfect pie chart for how I would spend my time 24-7 in a typical week (don't forget to include, sleeping, eating, doing nothing etc):



Leading resilient teams

I will build resilience in my team by doing these two things:

1.

2.

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