RESILIENCE POWER-UP

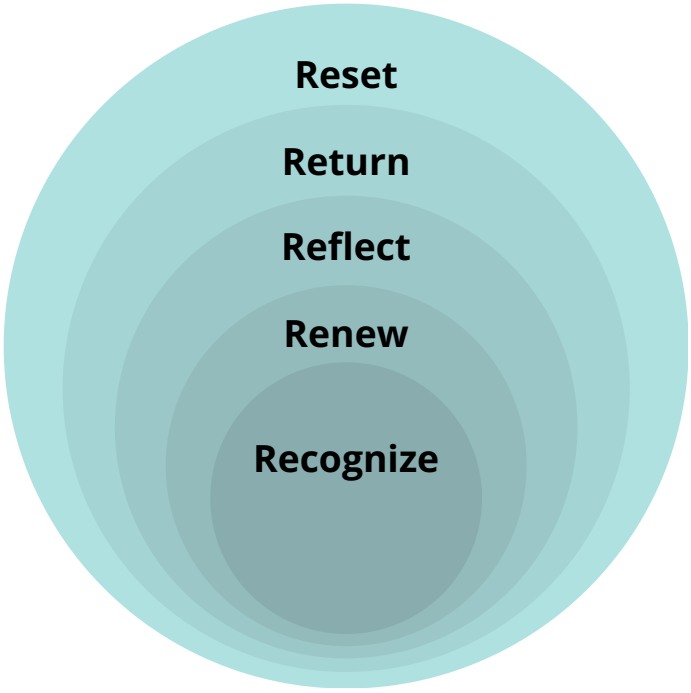
5-Steps to Protect & Renew Your Energy

As humans our reactivity has deep biological roots, its main evolutionary value being survival.

Reactivity can spin us up in circles, expending all our energy and focus, creating havoc across our lives.

Yet, when recognized and worked with skillfully, reactivity becomes an ally - a response - creating opportunity to exercise choice and power.

Use the **5-Step Resilience Power Up** to protect and renew your energy.



Recognize You're Reacting

Catch yourself reacting. Notice and name your experience, with a focus on acknowledging emotional feelings, thoughts, physical or bodily sensations. It might sound like, "I can't believe he didn't understand!" "I sense a tension headache coming on." "I'm exhausted."

What are you reacting to now? Jot a few notes below.

Renew Your Biology

Good catch in noticing your reactivity! Now, take 3 deep, cleansing breaths to release your tension, allowing your biology to calm. Take more if you need them.

If you can stay with your experience for 60-90 seconds, your biology will settle, the neurochemicals that became activated will subside. Your head will clear. Your breath will regulate. Feel your feet on the ground, supporting you.

Reflect on What You Care About in *This* Moment

At times simply calming your body isn't enough because the survival emotions keep re-arising, often accompanied by a voice in your head.

You want to be able to *reflect* and *reframe* to create a new neural pathway for *responding out of choice vs. simply reacting*.

With your head now clear after your deep breaths, jot down the **top two** things you care about in this situation. Then, holding those in your mind, come up with 3- 5 other explanations for what's going on in the situation at hand. Hold these new explanations as equally plausible as your own view. Jot them in the space below.

Return to the Moment at Hand

Now you can choose your response. How would you like to feel? What's your preferred outcome? What is the best right action now? Jot your ideas below, including what you'll do or say, and with whom.

Reset

Focus all your attention to bear on your new, chosen response.

For example,

- In this situation _____(list situation),
- I acknowledge that I was triggered.
- I felt _____,
- I thought _____,
- and I wanted to/did act like _____ (behavior).
- Ah! I was caught my survival mode reactivity (impact)!

Now, I choose to see the situation this way _____,

- to feel _____ on purpose,
- to act this way_____ _____
- in order to reset myself and to live purposefully.

Feel free to use the space below to write out your full statement below.

By following these steps you'll move from simple reactivity and surviving to resetting and renewing your energies and thriving, powering up your resilience to embrace any challenge you face.