

# Building a Resilient Mindset

## Learning Objectives

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- Define Resilience as a Set of Practices Designed to Reduce Stress and Support Emotional Self-Management
- Apply Resilience Tools and Techniques to Manage Stress and Thrive, Even in the Midst of Chaos
- Assess Your Resilience Capacity by Looking at Your Values and at Situational Forces at Work
- Practice Mindfulness and Other Resilience-Building Techniques to Achieve Your Best Self
- Move Ahead After Setbacks Using Brain-based Structuring and Restructuring Approaches
- Define a Personal Resilience Development Plan that Will Fit Your Needs, Challenges, and Daily Routines

## Resilience and You

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- Examine Why Stress is Top of Mind in the Workplace
- Explore Resilience, and the Connection with Stress Management
- Explain Five Aspects of Personal Resilience
- Reframe Negative Thoughts Using an Optimistic Lens
- Practice Receiving Feedback With a Growth Mindset

## Identify Your Hurdles

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- Identify Internal and External Hurdles That Keep Us Stuck
- Collaborate With Others on How to Minimize or Overcome Four Common Obstacles
- Decide on a Habit You Want to Change, and Diagnose What's Behind It
- Explore a Technique to Manage Distractions and Get Work Done
- Practice a Self-Compassion Technique to be Kind to Yourself

## Manage Your Stressors

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- Understand Why Building Personal Awareness is Essential to Resilience
- Develop a Habit of Awareness Through Mindfulness and Journaling
- Identify Emotions and the Physical Impact
- Practice Empowering Self-Talk
- Recognize Igniters and Apply Emotional Regulation Strategies

## Navigate Volatility, Uncertainty, Complexity, and Ambiguity

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- Explore the Impact of Today's VUCA World on Well-Being
- Define Psychological Safety
- Explore Ways to Improve Psychological Safety
- Explain Brain/Body Reaction to Threats—and Perceived Threats
- Address Trauma, and Organizational Resources that Offer Support

## Find Balance

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- Recognize the Price Tag of Unaddressed and Excessive Stress
- Focus on Self-Care to Lower Stress, Improve Health, and Build Resilience
- Practice Compassion for Self and Others
- Listen to Understand
- Communicate With Candor and Caring to Lower Stress

## Action Plan for Resilience

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- Identify How You Will Make Resilience a Lifelong Habit
- Decide What You Will Focus On
- Develop Your Plan With Specific Actions You Will Take Over 30 Days
- Identify Sources of Support as You Work Your Plan and Develop New Habits