



TIP SHEET.

Radical Resilience - How to build your own.



Embrace change:

Lean into (vs avoiding) change. Take chances. Recognise that change is inevitable. Gather information. Seek opportunities in change. Remember all things are temporary. Accept what can't be changed. Try new things.



Open & flexible mindset:

Choose your interpretation. Watch for thinking traps/rigid thinking. Avoid using "should", "must", "always" or "never". Get an outside perspective. Choose realistic optimism. Be willing to change your mind. Keep expectations realistic. Problem-solve. Stay curious.



Learn from mistakes:

What do they show me about what I want, like, value, don't want? What could I do differently next time? Remind yourself: lucky people simply try more things.



Calm and focus:

Take a deep breath. Learn mindfulness. Stay in the moment. Spend time in nature. Reduce demands. Increase resources. Surf the waves of emotion. Take breaks. Notice when tension builds. Choose where you focus your attention. Take holidays. Deliberately slow down. Exercise. Meditate. Take a mindful pause.



Connect to purpose/meaning:

Know why you do things. Identify your values. Volunteer. Connect to something larger: nature, your community. Find and use your unique skills and strengths. Learn about yourself. Look for evidence of your courage and strengths. Reflect on the value of your work.



Cultivate positive emotions:

Practice gratitude. Start a Joy Jar. Use humour. Do things that feel good. Surround yourself with positive people. Cull negative media/influences. Be your own cheer squad. Play. Explore hobbies. Do things you're good at. Speak kindly to yourself. Go new places. Say 8 nice things for every negative. Savour pleasures. Plan holidays. Reminisce. Celebrate successes.



Connect to others:

Help others. Confide in trusted people. Ask for help. Give hugs. Offer help. Seek advice. Access therapy. Nurture relationships. Reach out. Keep in touch. Express appreciation. Attend work social functions. Give small gifts. Call/message people just to say "Hi". Join a group. Practice kindness.



Set goals:

Set SMART goals. Aim for things you value (rather than what you "should" want). Break big goals into small manageable steps. Do one step each day. Book bigger steps into your diary. Take action. Regularly review your goals. Do one thing at a time.



Don't give up:

Grit predicts success more than talent. Take a growth mindset. Keep trying. Get others to encourage you. Sit with feelings of disappointment/failure, don't let them drive the bus.