

# My **Resilience** Advantage Plan

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"You're braver than you believe,  
and stronger than you seem,  
and smarter than you think."

Christopher Robin to Pooh (by A. A. Milne)

"Our greatest glory is not  
in never falling, but in rising  
every time we fall."

Confucius

## **Part I: Assessment** Pg. 3

The first step in building your plan is to identify the kinds of stressors that you face at work and at home and to put The Resilience strategies into practice.

## **Part II: Action Steps** Pg. 9

Personal Resilient Strategies that you can consider using in addressing Resilience Advantage Skills.

## **Part III: My Planner** Pg.13

Building a Personal Resilience Advantage Plan is fun because you are creating a new mindset to how you see and handle challenges in your life.

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# Part I: Assessment

Part I

If you have completed The Resilience Advantage Questionnaire, you now have a good idea of areas where you can strengthen your resilience.

The first step in building your plan is to identify the kinds of stressors that you face at work and at home and we will then put resilience into practice.

It will be helpful to be as specific as possible for this exercise, and to identify issues that you may have some control over.

For example consider these two descriptions: of stressors at work or at home;

**Work:**

- a. My boss always seems to scowl about wanting more work done.
- b. I am not able to effectively manage the different projects I have at work.

**Home:**

- a. There is not enough time when I get home to get everything done.
- b. I'd like to have more time to spend with my kids reading or playing ball with them.

An important element of resilience is to focus on things that you have some control. Example B is a more effective way to phrase the problem because it identifies something you can do to address the stressor. *With those factors in mind, begin to write down your top stressors at work and at home:*

Work:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Home:

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



# Part I: Assessment

Now pick one stressor from work and one stressor from home that you will focus on for this exercise.  
Identify the top 3 things that make this stress so challenging:

Work:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_


Home:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

List 3 things you do to "manage" or "live" with these stressors:


Work:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

How effective are they?   
Rate of Effectiveness

Home:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_


How effective are they?   
Rate of Effectiveness

Part I 5

6



# Part I: Assessment

 The next step is to identify your opportunities to become more resilient. Do you have difficulty with these challenges because:

## Work:

- You do not feel properly prepared and ready when the stressor happens
- When the stressor is actually occurring, you are unsure of what you should do and feel overwhelmed
- You crash afterwards and are not able to adequately recover from the stressful episode

## Home:

- You do not feel properly prepared and ready when the stressor happens
- When the stressor is actually occurring, you are unsure of what you should do and feel overwhelmed
- You crash afterwards and are not able to adequately recover from the stressful episode

Your answer to the above question will help you determine whether the challenge you are having relates to preparation and hardiness, navigation or bounce back and recovery. Notice that the challenge you may be having can be different at work and at home. At work, it could be an issue of not having enough time to be prepared whereas at home, there may just be not enough time for rest and recovery

Now we can begin to customize our strategies towards building your Resilience Advantage.

- If the stressor relates to a preparation issue (you don't have enough time due to short time frames or too much to do), you may want to look at a solution that helps you build resilience by getting ahead of the stress.
- If you find that you are not handling the pressure as it occurs, you may have a navigation issue and using the resilience skills around real time options may be your best direction.
- Sometimes the stress becomes so overwhelming that you can't get enough downtime to recover (such as when your sleep is disrupted). Finding some quick bounce back and recovery strategies can help you regain some much-needed energy.

Given your results on The Resilience Advantage Questionnaire and your responses above, which resiliency phase do you think you could most improve to address your work and home stress?

- Building Hardiness through Preparation
- Navigation in Real Time
- Bounce Back and Recovery
- All of the Above

Part I



## Part II: Action Steps

### Personal Resilience Strategies:

Below are listed over 30 different Personal Resilient Strategies that you can use across the resilience continuum of building hardiness, navigating successfully, and bouncing back - Review this list and select the ones that will help you the most.

## Resilience Advantage Skills

### 1. Becoming Body Wise

### 2. Energy Management

### 3. Build My Optimism

Begin selecting 

Part 9 III

## 1. Becoming Body Wise

### a. Preparation and Hardiness

- I do one or more of these kinds of exercise:
  - 1 - Cardio exercise that builds endurance
  - 2 - Strength building
  - 3 - Flexibility
- I eat so that I am fueled and not just fed
- I use music or some other form of creativity to help me think "out of the box".
- I carry water or a healthy beverage.
- Add your own \_\_\_\_\_

### b. Navigating Successfully

- I use relaxation techniques such as deep breathing when I am in a stressful situation.
- I think about the people who care about me when I am feeling challenged.
- I may read an inspirational phrase or say a mindful prayer to myself during the day.
- I may use a personal touchstone or memento to remind myself to chill out.
- Add your own \_\_\_\_\_

### c. Bouncing Back

- I sometimes sleep in or take a nap on the weekend.
- I may take an extra long shower to help relax.
- I get off my computer during the day so that I am able to rest my eyes.
- I go outside, walk around and take time for myself during the day.
- Add your own \_\_\_\_\_

# Part II: Action Steps

## 2. Energy Management

### a. Preparation and Hardiness

- I know my highest and lowest energy levels of the day
- I have an email strategy that keeps me from getting “e-whelmed”
- I have routines that help me stay energy-efficient.
- I set my priorities, especially in saying “no”
- Add your own \_\_\_\_\_

### b. Navigating Successfully

- I use my drive time going to and from work to recalibrate my energy.
- I take breaks during the day to recharge my batteries.
- I minimize multi-tasking and instead focus on getting one thing done at a time.
- I “step away” from frustrating or negative situations and consider my options.
- Add your own \_\_\_\_\_

### c. Bouncing Back

- I have taken back my lunch and use that time to refresh myself.
- I may use Friday or another day for catch up time
- I reflect back on how and what I accomplished this week
- I spend time with those I love and who love me after my workday.
- Add your own \_\_\_\_\_

## 3. Build My Optimism

### a. Preparation and Hardiness

- I am realistic about how things may turn out in challenging situations.
- I seek out positive people and stay away from toxic people.
- I plan for options in case things don’t go my way.
- I realize I am responsible for how things may turn out.
- Add your own \_\_\_\_\_

### b. Navigating Successfully

- I try not to see the world in terms of black or white but consider all the possibilities.
- I acknowledge successes to myself.
- I make affirming statements when I am confronted with difficulty.
- I don’t trash myself when things don’t work out.
- Add your own \_\_\_\_\_

### c. Bouncing Back

- I practice gratitude for good things that happen to me.
- I look for the learning when I have a set back.
- I attribute successes to my good efforts.
- I don’t see any one event as a make or break phenomenon
- Add your own \_\_\_\_\_



# Part III: My Planner

Remember the challenges you identified above and consider which Resilience Advantage Skill you want to use to address that challenge. Pick a skill from each of the Resilience Continuum - Preparation through Hardiness, Navigation, and Bounce Back:

**Becoming Body Wise**  
Preparation: \_\_\_\_\_  
Navigation: \_\_\_\_\_  
Bounce Back: \_\_\_\_\_

**Managing my Energy**  
Preparation: \_\_\_\_\_  
Navigation: \_\_\_\_\_  
Bounce Back: \_\_\_\_\_

**Build an Optimistic Outlook**  
Preparation: \_\_\_\_\_  
Navigation: \_\_\_\_\_  
Bounce Back: \_\_\_\_\_

Building a Personal Resilience Advantage Plan is important because you are creating a new **mindset** that helps you see and handle your stress in a new way.

## Ask yourself the following questions:

1. What skill do you think you can implement most easily, which will require practice?  
\_\_\_\_\_  
\_\_\_\_\_
2. What commitment do I need to make to learn about and implement the resilience skills I selected?  
\_\_\_\_\_  
\_\_\_\_\_
3. How can I practice these skills so I become more confident in my ability to use them?  
\_\_\_\_\_  
\_\_\_\_\_



