

{GROWiT}

My Past Sources of Resilience

SUPPORTS That kept you upright

- Family
- Close friends
- Mentors/ buddy/ inspiring peers
- Faith
- Keeping Active
- Meditation
- Socialising
- Training group
- Self Help learnings
- Pets
- Gym instructor (change of environment)
- Coffee
- Faith

STRATEGIES That kept you moving

- Mindfulness, meditation and reflection
- Reflection and Looking forward
- Changing your focus
- Keeping busy
- Creating small goals
- Being intentional
- Exercise
- Sharing thoughts / feelings with someone
- Risk assessing how you are feeling towards the scenario
- Brainstorming
- Structure to the day/week
- Building personal relationships with colleagues
- Move slowly, 1 step at a time
- Get out of your comfort zone
- Noting when a known behaviour appears
- Understanding the problem

SAGACITY That gave you comfort and hope

- This too shall pass
- Drawing on experience
- Perspective on the bigger picture
- Scale down
- You can fix it while believing in yourself
- Acceptance; releasing control
- Relating back to past experiences and using learning
- See this challenge as a learning – it will grow you in the future
- Achieving small milestones but looking at long term goal
- Positive feedback on progress
- Mental first aid materials
- Wellness toolbox
- Music
- Being realistic

SOLUTION-SEEKING Behaviours that you showed

- Look at the issue from all angles/perspectives
- Routine
- Empathy; see it from another perspective
- Acceptance & learning
- Patience
- Showing up
- Being Agile
- Focus on the outcome and developing a plan
- Having a rational approach
- Sports
- Fresh start
- Zoom call dancing (together but with energy!)
- Asking for advice from others
- Block out diary time
- Developing a plan/strategy
- Talking things through
- Do not berate yourself