

WHAT IS RESILIENCE?

Resilience is not:

- ✗ Something you are born with
- ✗ Superhuman displays of grit
- ✗ Something you need when broken

Resilience is:

- ✓ Learned through experience, modelling and practice
- ✓ A learned set of skills, knowledge and attitudes
- ✓ The ability in adversity and opportunity to:
 - Build toughness and recovery skills
 - Be enthused by change and challenge
 - Respect and care for others and nature
 - Develop talents and opportunities



Bounce • Grow • Connect • Flow

Resilience has a big impact on our ability to enjoy work, relationships and play. And list most things, it develops with small steps and consistent practice. Work on little habits like making your bed, stretching, visualizing the day, eating well and being attentive and kind to others.

Take some time this week to notice interesting situations

1. Was there an opportunity to bounce, grow, connect or flow?
2. At the end of the day reflect on how well you did this.
3. What adjustment could you make tomorrow to improve?