

# five actions to be more resilient



P A U S E

- FOR FIVE -

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part of our **Pause for five** series

**“Resilience is accepting your new reality, even if it’s less good than the one you had before. You can fight it, you can do nothing but scream about what you’ve lost, or you can accept that & try to put together something that’s good.”**

Elizabeth Edwards



When we are being resilient it can be experienced in a number of different ways: We have the capacity to make realistic plans and take steps to carry them out.

- A positive view of yourself and confidence in your strengths and abilities.
  - The capacity to manage strong feelings & impulses
  - Calm under pressure, the ability to regulate stress levels
  - Rational thought process
  - Happiness and emotional intelligence
  - Altruism (learned helpfulness), love & compassion
  - Curiosity - related to focus & interested engagement
  - Balance (engagement in a wide range of activities, such as hobbies, educational pursuits, jobs, social and cultural pastimes)
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**And with a list such as this, it's little surprise of the power & benefit of great resilience.**

Using the work of Marcus Child we invite you to audit and consider how you can boost your resilience with these 5 key personal characteristics that help us to be resilient.

Consider if you need to invest in any of the columns?

Are you in balance across the pillars?

Is the energy you are investing in each of the columns supporting you well?

## 5 Pillars of resilience

MENTAL  
PHYSICAL  
EMOTIONAL  
SOCIAL  
SPIRITUAL



# 1. Mental toughness

How aware are you of your **self talk**?

Is it serving you well?

What are you doing to manage self talk and reframe negative thoughts into more useful positive ones.

Do you practice a growth mindset & spend time learning from your mistakes?

Do you acknowledge & practice how you **choose to respond** to situations as opposed to reacting?

# 2. Physical robustness

To be resilient we need to be **match fit** when it comes to our physical health.

Are you getting enough **physical activity**?

**How is your sleep** & are you ensuring that you are doing the best that you can to get good sleep (routines, early nights, reduced screen time etc)?

Are you getting enough **nutrition** & the right nutrition?

Are you **rehydrating** your body regularly?

## 3. Emotional completeness

A key element of resilience is the ability to **manage our emotions.**

How aware are you of your **emotional triggers**?

When are you at your **emotional best**?

What strategies do you use to **take care of yourself emotionally**?

## 4. Social

It is recognised that if we feel connected with **other people and develop strong relationships in our business and personal life we are more resilient.**

How are you **maintaining your professional and social relationships**?

How are you **staying connected** to others?

Have you got **balance in your relationships** – work vs home?

## 5. Spiritual

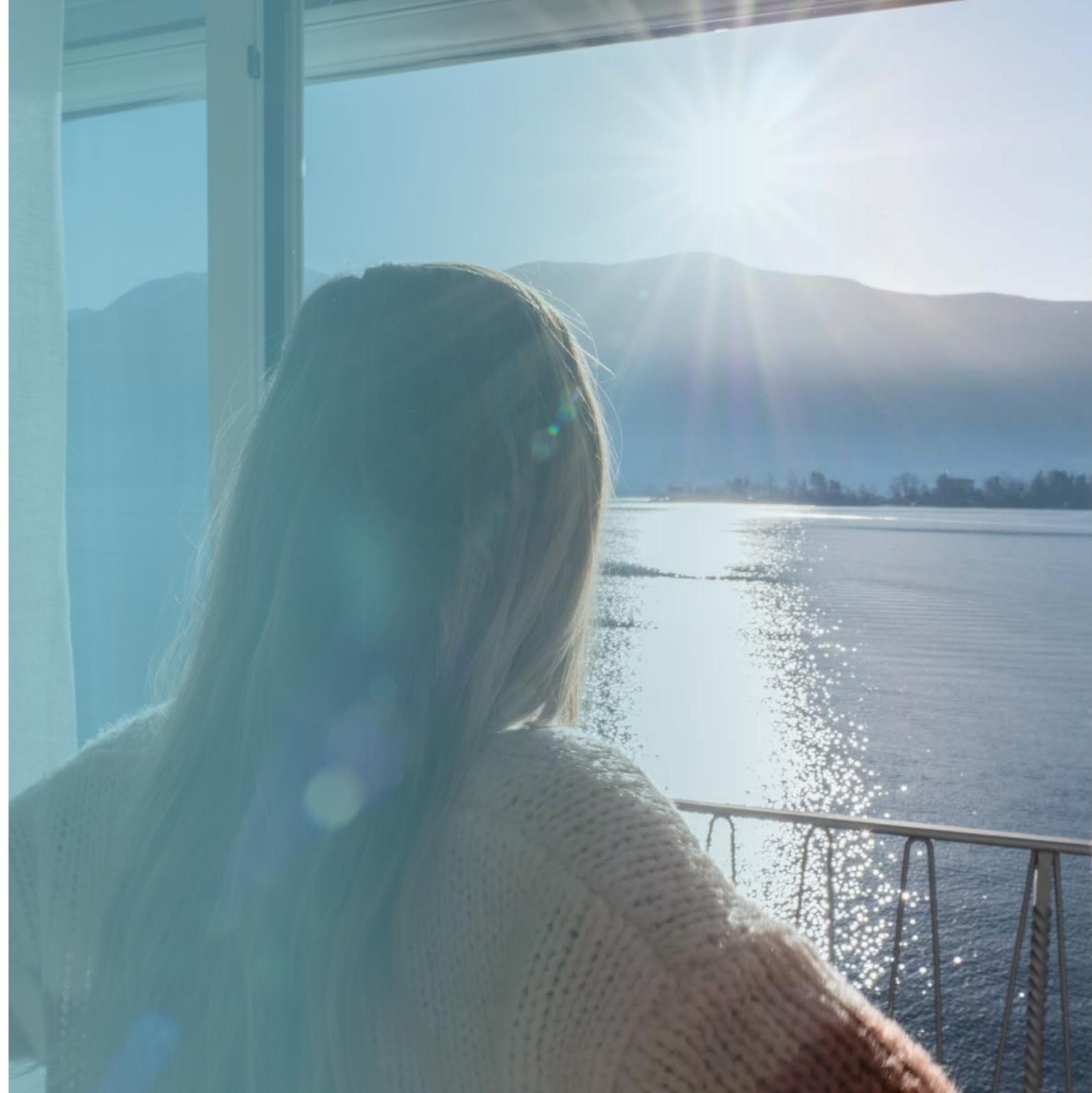
This pillar is about our **sense of meaning or purpose in life**. How clear we are on our passions and our ability to integrate purpose into everything we do?

What are your **motives and drivers** in both your work and home?

What is **most important** to you?

What are the **values** that you live your life by?

What **legacy** do you want to leave?



To explore more resilience  
resources visit

[icecreates.com/pause-for-five](https://icecreates.com/pause-for-five)

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We'd love to hear how 'Pause for five'  
has made a difference in your  
workplace or community.

You can share your story or find out more  
about partnering with ICE by emailing:  
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