



# RESILIENCE

## GRATITUDE - LOOK FOR THE GOOD

### Gratitude: Look For The Good will:

- Builds optimism and positive emotions by paying attention to the good things
- Helps you cope with daily hassles and stress
- Improves social relationships

### How to use the skill:

- Develop a regular (daily or weekly) gratitude practice that includes:
  - 2 or 3 things that you are grateful for
  - A reflection on why you are grateful (such as how others may have contributed or why it was meaningful)

## VALUES BASED GOALS

### Valued Based Goals will:

- Provide a sense of purpose
- Help you prioritize what's important
- Allow you to find opportunities to live a meaningful life

### How to use the skill:

- 1) Identify your values: What do you stand for? What matters most?
- 2) Chart Your Course: What will you do to live those values:
  - a. In the next 24 hours?
  - b. In the next 2 weeks?
  - c. In the next 3 months?
- 3) Develop a plan to overcome any obstacles you may encounter.
- 4) Revisit your values-based goals every week and set new short-term goals so you continue to make progress.

## BRING YOUR STRENGTHS

### Bring Your Strengths will:

- Improve engagement and purpose
- Energize you and boosts performance

### How to use the skill:

- Identify your strengths—what are you naturally good at?
- Find new ways to develop and use your strengths. How can you find new opportunities to use your strengths your career? In your personal life?

## REFRAME — CONTROL HOW YOU REACT

### Reframe will:

- Help you be more aware that how you think about an event drives your reactions
- Help you understand the difference between your thoughts, and your emotional and physical reactions
- Improve your performance
- Helps you act based on your values
- Strengthen relationships

### How to use the skill:

- 1) Objectively describe the event
- 2) Identify your thoughts—**how** you are thinking about that event—and your emotional and physical reactions
- 3) Determine if the reaction will help or hurt your performance
- 4) If needed, reframe your thoughts in a way that will be more productive

NOTE: For more information please go to the Resilience SharePoint below  
<https://52tymx-wps-201p:8014/AFPC/DPF/DPFF/Resilience/SitePages/Home.aspx>

## BALANCE YOUR THINKING

### Balance Your Thinking will:

- Help you see situations **accurately** and take action based on evidence
- Help you respond in ways that align with your values
- Improve your performance

### How to use the skill:

- 1) Determine if you have all the evidence you need to understand the situation. Are you stuck in a trap?
- 2) Use three strategies to Balance Your Thinking:
  - Examine the evidence
  - Check for a double standard
  - Phone-a-friend or ask

## CELEBRATE GOOD NEWS

### Celebrating Good News will:

- Strengthen and maintains important relationships

### How to use the skill:

- When someone shares good news, help them celebrate by:
  - Asking questions
  - Being authentic and engaged
  - Showing enthusiastic support and interest
- Avoid:
  - Squashing
  - Shutting down or being disengaged
  - Stealing

## MINDFULNESS

### Mindfulness will:

- Helps you stay present and engaged
- Improves focus and the ability to focus on what is important
- Helps you stay calm so you can take action during stressful times

### How to use the skill:

- Practice mindfulness by focusing on one thing, with purpose
- Find a formal mindfulness practice to help you turn off autopilot—focus on three things around you or your breathing
- When you have trouble focusing or are feeling stressed:
  - Pause. Count three deep breaths
  - Observe your thoughts and feelings, without judging them
  - Ask: What is most important right now?
  - Then, once you feel calmer, take purposeful action

## PHYSICAL RESILIENCE

### Physical resilience will:

- Improve productivity and energy
- Sharpen focus and attention
- Enhance mood

### How to use the skill:

- Create strong sleep habits
- Set values-based goals for your physical resilience
  - What aspect do you want to strengthen? Why is that important to you?
  - What will you do in the next 24 hours? Two weeks? Three months?
  - What obstacles will you encounter? How will you overcome them?
  - Revisit your goals as needed

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