

## STRUGGLE WELL: THRIVE IN THE STORM

# EXPERIMENTS WITH RESILIENCE

### Overview

Definition of Resilience. The ability to **withstand**, **adapt** to, **recover** from, and even get **stronger** in the face of adversity.

Many people think that resilience is an innate trait of being so tough that you are impervious to stress, but the truth is that resilience is a skill that can be taught, learned, and practiced.

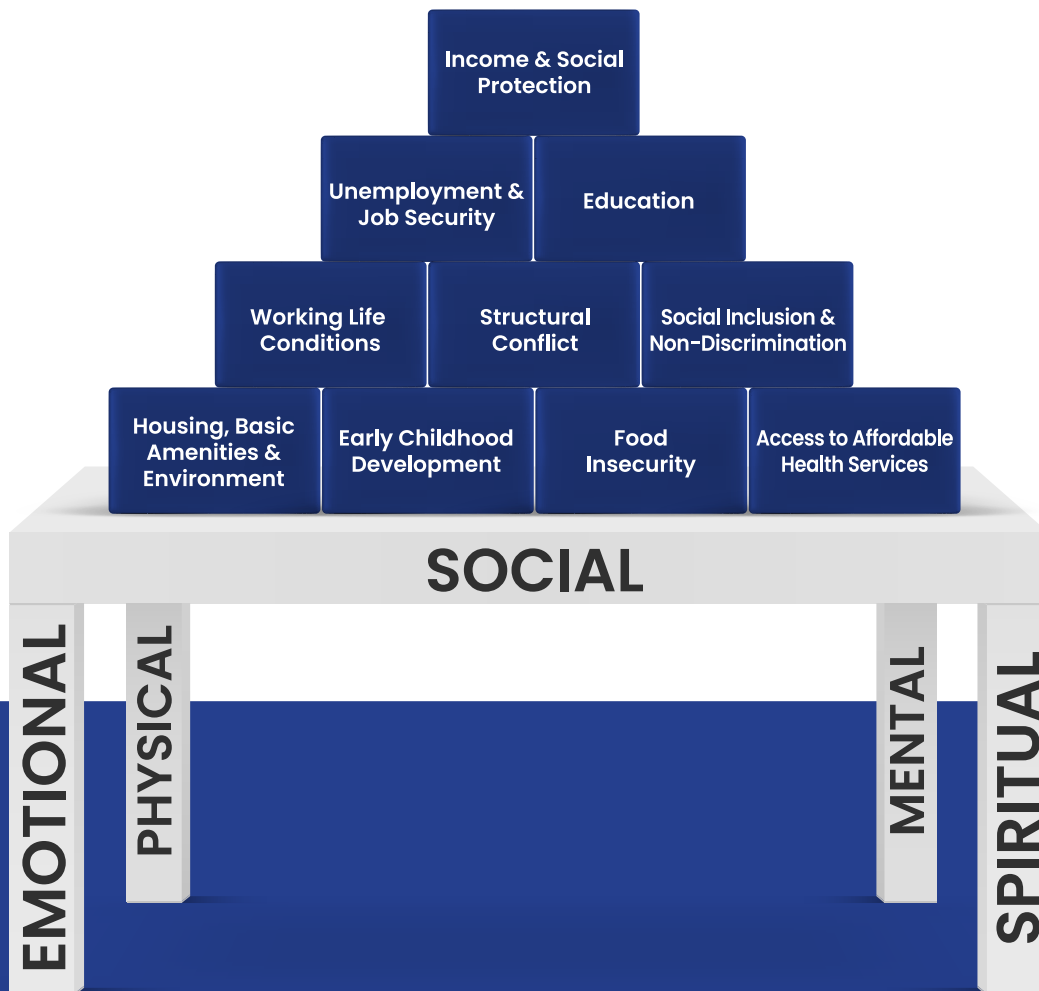
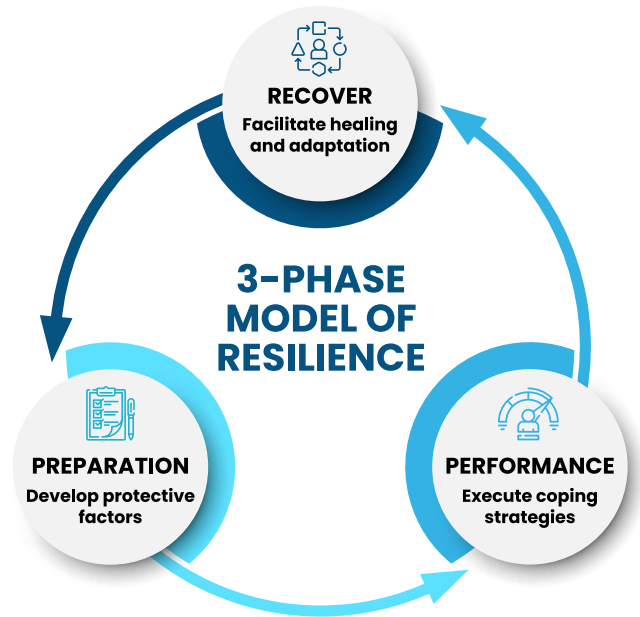
The perception and impact of adversity can vary greatly among individuals, influenced by personal, cultural, and situational factors. What might be a minor inconvenience to one person could be a significant challenge to another, depending on their resources, support systems, past experiences, and coping mechanisms.

#### Adversity is a spectrum ranging from:

- Frustration from inconvenience.
- Difficulty with a challenge.
- Struggle with a setback / hardship.
- Suffering from crisis / trauma.

# Personal Resilience Table & The 3-Phase Resilience Model

The legs represent our body (**physical**), mind (**mental**), heart (**emotional**) and soul (**spiritual**), and the tabletop is our social network. The bricks indicate external influences that can put pressure on us or can be positive support, each person is different.



## Preparation (Develop protective factors)

- **Become Antifragile:** Gain from Disorder.
- **Do Hard Things:** You can't click your way to resilience.
- **Plans vs Planning:** Mike Tyson and General Eisenhower.
- **Tough and Flexible:** Palm vs the Oak tree.
- **Train Hard, Fight Easy:** Under stress, most people sink to the level of their training.

## Performance (Execute coping strategies)

- **Control What You Can Control:** Focus energy where you have influence.
- **Eat the Elephant One Bite at a Time:** Starting with low-hanging fruit.
- **Strong WHY = Any HOW:** Inspiration from Viktor Frankl.
- **Alligator Closest to the Boat:** Shorten your time horizon and deal with the urgent.
- **Controlled Breathing:** Impulse control, 4 x 4 seconds at a time.

## Recovery (Facilitate healing and adaption)

- **Own the Experience:** Become a better person for it.
- **Sleep and Rest:** Lack of recovery will put you in an early grave.
- **Gratitude:** Say good morning to the sun.
- **Ask for Help:** Don't be alone in a crowd.

**Resilience.** It's not about being impervious to stress and adversity. **It's about STRUGGLING WELL.**

