



Building Resilience Skills

Somatic Practices

Somatic practices help us to regulate our nervous system, breathing, and heart rate so we can engage in other helpful practices

Breathing

- **Square breathing:** inhale for 4, hold for 4, exhale for 4, hold for 4 and repeat
- **Hand Over Heart:** place your hand over your heart and take 5 deep breath
- **Short Inhale Long Exhale:** inhale for 3 counts and exhale for 5 counts
- **Alternate Nostril Breathing:** watch a quick YouTube video for a refresher
- **Communal practice ideas:** do a breathing exercise before, after, or during meetings or make essential oil rollers as a team building activity

Pressure

- **Press the Wall:** stand, place hands flat against wall, press as hard as is comfortable and breathe deeply
- **Self-Hug:** wrap your arms around yourself and if you are giving yourself a hug and pay close attention to how the pressure feels
- **Prayer Hands:** press palms together as hard as is comfortable paying close attention to how the pressure feels
- **Communal practices:** share or teach pressure practices because the more normalized they are the more people will use them

Movement

- 20-30 minutes of movement as day is one of the most powerful strategies we have for building resilience and reducing stress
- Walking, walking in place, jumping, dancing, and shaking are all ideas for engaging in movement
- **Communal practice ideas for encouraging movement are:**
 - Creating a more pleasant outdoor space or designated indoor spaces for it
 - Encouraging people to plan specific times of day for it
 - Allowing flexibility around breaks to allow time for movement
 - Encouraging groups that organically start to take movement breaks together



Cognitive Practices

Cognitive strategies can be paired with or used after our somatic practices

Self-Compassion

- Self-compassion can be especially tough for people in supportive or helping professions and high achievers
- Remember that self-compassion is a key to growth, self-assessment without shame, and accountability
- Self-Compassion has 3 parts:
 - Self-kindness vs. Self-judgment
 - Common humanity vs. Isolation
 - Mindfulness vs. Overidentification
- Practice self-compassion breaks regularly
 - Acknowledge pain "Ouch" or "This hurts"
 - Recognize common humanity "All people go through pain."
 - Determine how you would like to respond to yourself "May I show myself love, kindness, and care in this moment."
- Communal practice idea: Learning Circles
 - Teams gather to share learning moments, an incident where they feel they fell short, or a challenge
 - After the person shares, first comes a round of empathy, then a round of affirmation, then a round of learning together, sharing guidance, tips, and ideas

Overwhelming Obstacle to Meaningful Challenge

- Change our expectation- try overestimating the amount of time (+ 50%) or effort a challenge or project will take
- Break it into smaller pieces
- Figure out how the challenge or project aligns with areas you've already been wanting to grow in or your core values
- Celebrate each milestone

Celebratory Practices

- Think of celebration as a practice instead of something occasional
- 4 essential ways to celebrate: free and quick, free and extended, requires investment and quick, requires investment and extended