


Skills to Consider While Building a Resiliency Practice

<p><i>Thinking</i></p> <p>Question, stay curious, identify information, avoid rigid patterns, stretch to grow, and don't limit yourself to what you think you think.</p>	<p><i>Hunting</i></p> <p>Seeking behavior strengthens resiliency. Look for good stuff. Explore, pursue, search, strive, ask, and reach out for more.</p>	<p><i>Cause & Effect</i></p> <p>Look at how something leads to something. Your choices, ideas, actions, decisions, and thoughts can lead to consequences. A always leads to B.</p>
<p><i>Solving</i></p> <p>Problems can be solved. Like a math problem, most human difficulties can be resolved if you don't crumple up the paper before the solution. Stick with it.</p>	<p><i>Perspective</i></p> <p>If you aren't dying right now, you can put it in perspective. Create a range from 0-10 that you can use to determine how hard something really is. What is your 10? Is it like that, is it a new 10? Or is it a 9.5? Remember, you already survived your 10!</p>	<p><i>Optimism</i></p> <p>Stay hopeful even in the face of challenges. Even when things are very difficult, do your best to nudge up your sense of hope for the future. Optimism is not a false happiness, it is just a belief that things are generally based on goodness. If not now, eventually the arc of life is toward light.</p>
<p><i>Strengths</i></p> <p>Learn and know your strengths and weaknesses, not as plus and minus, but as energy to increase or energy to use.</p>	<p><i>Communication</i></p> <p>Don't make other people be mind readers. Ask, speak, share, be clear, confident, and do your best to describe your view of the universe in the moment, even if no one else is understanding. You will hear yourself and that will help.</p>	<p><i>Respond</i></p> <p>Do your best to respond to others in a positive manner. This strengthens relationships which is a core of resiliency — community.</p>
<p><i>Focus</i></p> <p>When your lenses get foggy, or your focus becomes cloudy, refocus and return to your essential self for managing the moment. Avoid vague thinking and behaviors.</p>	<p>(Continued on Page 2)</p> <div style="text-align: right;"> <p>Employee Assistance of the Pacific 1221 Kapiolani Blvd., Suite 730 Honolulu, HI 96814 www.EAPacific.com Toll-Free (877) 597-8222 (808) 597-8222</p>  </div>	



Skills to Consider While Building a Resiliency Practice (continued)

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Confidence

You are amazing. If you forget, ask someone who loves you to remind you. Write a letter to yourself in case you have no best friends to nudge you. You have already survived so much that you are a hero.

Energy

You are a human container of energy. What do you want to do with it? Spiral forward to make life as good as possible or circle the drain? It is up to you where you put your energy.

Higher Ground

Maintain your integrity and honesty to keep your energy higher.

Excellence

Do your best. Resiliency isn't about failure or success, it is about standing up to a situation and doing your absolute best from moment to moment.

Release

Let some things go by. Not everything is personal or important. Try to avoid making assumptions without gathering adequate information.
Let it go.

Study

Whatever you study will lead you to mastery. It takes a while to start something brand new as a student until you become a master. But you have to start somewhere and being a newbie is annoying when you are already an expert in so many things. Tuck your ego away and learn something new from square one!

Timing

Time can be an ally or enemy. Befriend it and know that the clock is not the keeper of time.
You are.
Before there were clocks, there was NOW, THEN, and SOON. Don't get stuck in the "shoulda, coulda, wouldas" of life... just keep moving forward at your personal best pace.

Commit

When you set goals and commit to something, the universe races to your aid. Be very careful and thoughtful about what you commit to and what goals you set.

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