



1



- Understand how thoughts play a role in impeding our performance more than our ability.
- Learn how to curate the right mood and thoughts before entering stressful situations.
- Modulate our own physiology by practicing deep breathing.
- Conduct an "in-the-moment" self-assessment to identify changes to be made.
- Cultivate a curious lens to look at a situation from different perspectives.



2



3

THE CURRENT CRISIS

Adapting to change, facing uncertainty and dealing with stress can take its toll on our energy levels and ability to remain resilient in the face of adversity.

- How would you have described your mental fitness before the crisis?
- How would you describe it now?



4

STRENGTHENING YOUR MUSCLES





5

IT STARTS WITH YOU...





6

PERSONAL ACCOUNTABILITY



7

Seven horizontal lines for writing.

QUESTIONS TO ASK YOURSELF?

- 1. Do I spend more time whining or working?
2. Do I more often procrastinate or push forward?
3. Am I envious of others' achievements or eager to emulate them and learn?
4. Do I live an entitled life, or am I excited to earn my own way?
5. Do I tend to point fingers or problem solve?
6. Do I encourage and praise my family, friends, and co-workers or tear them down?
7. When life doesn't go my way, do I play the victim or become a victor?
8. Which matters most, others' opinion of me or my opinion of myself?
9. How often do I complain versus offer constructive ideas?
10. Am I wasting energy trying to change others instead of choosing to change myself?



8

Seven horizontal lines for writing.

BEING MORE PERSONALLY ACCOUNTABLE

Personal accountability isn't a trait that people are born with; it is a way of living that you can learn. It is the belief that you are fully responsible for your own actions and consequences.

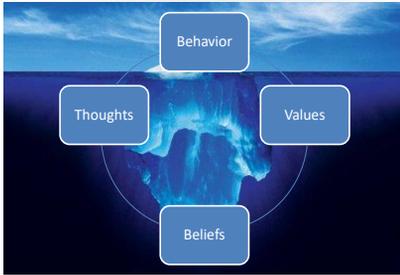
- Know your role.
Show humility.
Own your mistakes.
Manage your time.
Ask and listen.
Manage expectations.



9

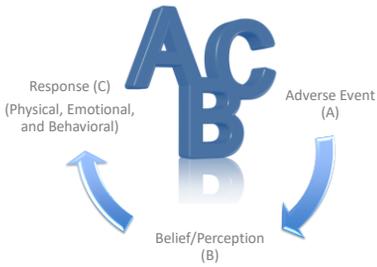
Seven horizontal lines for writing.

MANAGE YOUR BELIEFS



10

HOW DOES THIS IMPACT YOUR RESPONSE?



11

YOUR CORE BELIEFS

Core beliefs tend to fall under three main categories:

- Achievement
- Acceptance
- Control



12

COMMON BELIEFS

- I have little control over what happens to me.
- People can't be trusted.
- The world is dangerous.
- Never ask for help; it is a sign of weakness.
- It's easier to avoid difficulties rather than to do something about them.
- I must be liked by everyone.
- I must do everything perfectly.
- Things should be fair.

13

FEEDING YOUR ANTEATER

- Echo
- Ask questions
- Tackle
- Evaluate
- Rectify



14

KNOWING YOUR MOODS

- Mood is part of your emotional rhythm but is a little less intense than an emotion. And, it usually has a trigger, such as an event or experience.
- Your moods are useful to you. And, they are a big part of how you choose to behave and think. A negative mood can be a useful indicator of a problem that needs to be tackled.

15

ASSESS YOUR MOOD

- Track your stressful situations.
- Identify and label your specific emotions.
 - You will be able to understand your reactions and have more insight to address or resolve the situation.
- Ask yourself, "Do I see patterns in my reactions to events or people?"





16

S.T.O.P.

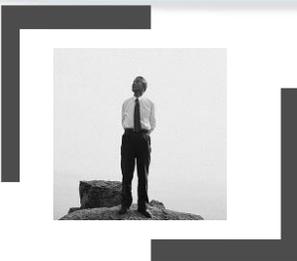


- **Stop**
 - Put things down for a moment.
- **Take a breath**
 - Take a few breathes.
- **Observe**
 - Observe thoughts and emotions non-judgmentally.
 - Observe that thoughts are not the same as facts.
 - Name your emotions, and describe how they are expressed in the body.
- **Proceed**
 - Proceed with whatever will support you MOST in that moment.



17

BREATHING



- Focus on an object.
- Position yourself.
- Take a slow deep breath.
- Hold, release, and repeat.
- Notice the rise and fall of your gentle natural breath. Where do you feel it most?
- Be aware of any part of your body in contact with a surface.
- Observe the air going in and out of your body.
- Count your breathes.



18



VISUALIZATION

- Settle yourself.
- Imagine an early morning at the lake.
- Everything is still and peaceful.
- Breathe in, hold, and breathe out.
- Repeat.
- Completely let your body relax with each cycle.
- Your body relaxes more as you take in the beauty.
- Notice the details in nature around you.

19



Curiosity helps to fuel the ability to bounce back, to know yourself and the world around you, and to thrive in the face of adversity.

20



BOOSTING YOUR CURIOSITY

1. Eliminate boredom.
2. Search for the positive.
3. Question everything.
4. Do something different.
5. Conquer fear.

21



FOR ADDITIONAL ASSISTANCE
CONTACT YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)

4340
