



Resilience Handout

Hi there!

Thank you for attending today's session! I'm Jules Hobbs of Hobbs Holistic Health and wanted to create this handout to support what we covered today and provide you with some activities, personal recommendations and resources to continue your self-development and mindfulness journey.



You can contact me @hobbsholstichealth on Instagram or email juleshobbshealth@gmail.com if you have any questions or would like to find out more about what I could offer to your wellbeing journey or even for your office or local community.

Journal Questions

We went a little deeper today on the journal questions and here they are again, I recommend that you continue to work on these if you feel your resilience is low.

What three things “suck” in your life right now?

What meaning or life lessons can I take from each of these situations?

What caused each one? Is there anything I can do to manage, improve or change the situation?

Remember, not everything can be changed or improved, if that's the case then what is my “Plan B”?

What actions can I do?

Who can help me?

Refrain from asking “why” statements and focus on what, who, when, where, how.

What lessons have I learned from these situations?

How could this situation be worse?

Are there any silver linings, if so, what?

What am I grateful for?

Bonus Question

I loved how Lucy Hone, who delivered a Ted Talk on the Three Secrets of Resilient people, uses just one question as her internal compass. After the tragic loss of her daughter, she would question her thoughts and actions with the following....

Is what I'm doing helping or harming me?

Key Traits of Resilience People

I'm aware that we discussed a number of characteristics today sourced from different experts, here's the full list of traits and characteristics that you could work towards to build your resilience:

Higher levels of feeling in control

Manageability

Higher levels of commitment / determination

A willingness to rise to a challenge / optimism

Comprehensibility / understanding that bad things happen

Meaningfulness

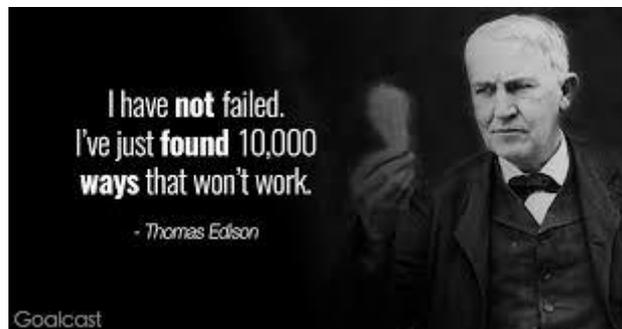
Selective focus

Practice gratitude

Setting Goals

Reflection

Positive Mental Attitude



Thomas Edison had a positive mental attitude and used inspirational dissatisfaction to create the light bulb. He set goals, he reflected on what didn't work and he was determined, motivated and optimistic.

Image source: Google – Goal Cast

Sources

Mental Health Tsunami news article, BBC - <https://www.bbc.co.uk/news/health-52676981>

Mental Health Awareness Week, dedicated website full of information and resources - <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

You Tube - Three Secrets of Resilient People <https://www.youtube.com/watch?v=NWH8N-BvhAw>

Exclusive content to accompany Community Online Academy sessions, May 2020
Jules Hobbs, Hobbs Holistic Health

Oprah Supersoul Conversations podcast, How to Build Resilience & Find Joy After Loss (Spotify)
<https://open.spotify.com/show/OnMF1JL5tNJW7B0teIFWxV?si=JyzF88E6RkWWNJBOlpRYGg>

Book, Podcast & Application Recommendations

Here are a number of books, podcasts and apps that have really helped me over the years in my journey with managing stress and anxiety through mindfulness. These recommendations are based purely on my own experience.

If you pick just one of these recommendations then choose Rob Dial first, his mindset coaching has a huge focus on resilience, motivation and he is the guy who views challenges as if they're a video game level...

The Mindset Mentor, Rob Dial (Podcast)

Mindfulness, A Practical Guide to Finding Peace in A Frantic World, Mark Williams & Danny Penman (Book)

A Mindfulness-Based Stress Reduction Workbook, Bob Stahl, PHD & Elisha Goldstein, PHD (Book)

How to Fail, Elizabeth Day (Podcast & Book) – reflecting on how failures make us who we are and helps to build resilience

Happy Place, Fern Cotton (Podcast & Book)

Insight Timer (app) – meditation and mindfulness

Headspace (app) – meditation and mindfulness

Blinkist (app) – Summaries of self development books in “blinks” that you can read or listen to. Mindfulness, A Practical Guide to Finding Peace in a Frantic World and Resilience, Eric Greitens are featured.

Support

Emotions can be overwhelming and I'm very aware that a short session with so many people in attendance could spotlight some intense feelings.

Remember, that it is OK to feel down or to have a good cry. These emotions will usually pass. If you're still feeling down or uneasy, please contact the person who's name you wrote down at the start of the session to talk through. Journaling and getting it all onto paper can also help!

Should you still be feeling uneasy there are people who can help, please reach out to a professional, i.e. your GP (General Practitioner). There are also dedicated websites available such as this one to help you during this tumultuous times: <https://www.mentalhealth.org.uk/coronavirus>.