



PDF

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functions

Resilience in the Moment

From stress to strength



Modern day threats

Ego

Competence

Reputation

Exclusion

Rejection

PHYSICAL TENSION

OBSESSIVE IRRATIONAL

STEELY FOCUS

**Signs Of Stress**

CATASTROPHISING

**Aggressive**

Angry

ANXIOUS

TUNNEL VISION



# Conscious Interventions

What can you do consciously to change your stress responses in-the-moment?



Physical



Thinking



Emotional



## Physical

Stress is a **physical** reaction

Consciously change physiology  
to change the stress response



Rank the  
Effectiveness  
Most to least

### Breath

Lengthen your breath, in for 4  
seconds, out for 4 seconds

### Vision

Widen your gaze to  
peripheral vision

### Tension

Notice tension in the shoulders  
or jaw and relax them



Stress affects our **thinking**...  
...our thinking causes stress  
Break the loop

## Thinking

Thoughts in relation to the stressful situation



Are they really true?  
True / False / Don't know



## Emotional

**Emotional** responses are triggered by context

Change the experience of context to change the stress response



### Imagine a different context

Think of a context where you were less stressed

Remember the experience in vivid detail...

What did you see, hear and feel?

### Grounded in current context

Allow your eyes to settle in one place and resist any temptation to move

Notice 3 things that you see

3 things that you hear

3 things that you feel



## The technique that worked best for me is:

Breathing

Wider Vision

Released Tension

True/False

Imagining Another Context

Grounding

## My helpful trigger point or opportunity to practice is:



thriving

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