



# Managing Yourself to Create Resiliency

It can happen to any of us. Just when we need to step up more, we have little left to give.

This isn't inevitable. However, building resiliency takes deliberate work.

It is essential work. Resilient managers build resilient teams.

## How to Strengthen Your Resiliency During Crisis



1. **Redefine:** set aside pre-crisis measures of success - scale your standards to your new role and environment
2. **Identify:** what you can control, influence, and what's outside our power
3. **Articulate:** the resources you need for success
4. **Inspire:** yourself and your team by remembering why this work matters
5. **Adapt:** accept the new normal, explore what is and isn't working with your team, identify opportunities for innovation, pilot and pivot, celebrate wins
6. **Bring:** compassion (seeing & hearing other struggles) rather than empathy (taking on their suffering)
7. **Restore:** identify what brings you energy and intersperse it throughout your day