

Building Resiliency During Crisis Part II



Resiliency is what gives us the ability to live and grow through adversity. While it doesn't mean that things aren't hard, resiliency protects our core, ensures we come out on the other side stronger and wiser, and allows us to do a heck of a lot of good in between.

How Do We Build Resiliency When Things Are Hard?

- 1. Define:** and accept the new reality
- 2. Create:** safety, predictability & control based on that reality
- 3. Attend:** to people's underlying needs, chief of which are to be seen, heard, and valued rather than joining people in their suffering
- 4. Leverage:** conflict to get to the heart of things
- 5. See:** and quiet your inner critic
- 6. Connect:** with others through compassion and gratitude
- 7. Remember:** the strategic big picture even as you attend to the urgent
- 8. Inspire:** by reflecting on the greater purpose, impact, and potential benefits
- 9. Right Size:** your ego and expectations by remembering nothing is about you
- 10. Intersperse:** small things that bring you energy throughout the day