

10 IDEAS FOR RESILIENCE-BUILDING ACTION

Ideas for supporting your clients building and maintaining resilience

PEACE OF MIND

Clients want a sense of well-being and freedom from worry. Action is needed.

- 1. Practicing Calm** Help the client find the phrase or mantra that can instantly give them calm (albeit sometimes temporary). Encourage them to say it to themselves at the first inkling of surprise occurrences, "curve balls" and anxiety-provoking moments. Just this small action can set the client into a mindset of handling the challenge.
- 2. Sharing the Load** The worrying, obsessing and overwhelmed feelings that clients get in times of great challenge creates more of the same. Keeping it all inside means the client's mind is an echo chamber of the repetitive thinking. Talking it out with a trusted friend, colleague, advisor or family member can "air out the attic" leaving room for resilience.

STRESS REDUCTION

Resourcefulness comes when stress is not blocking the possibilities

- 3. Consciously Breaking** Help clients give their brains and bodies a rest. Instead of staying at a task or problem non-stop, periodically divert from it. Perhaps meditation or exercise to refresh them. Even the busiest person can stop and take five deep breaths every hour.
- 4. Backing Away** There are many aspects in life that are unavoidable. Why accept more onto their plates that is not? Do they really need the news obsession, gossip, social-media fights, family controversies, and the like? Encourage them to let go of these stress-inducing habits.

EXPANDING OPTIONS

New ways are required for new circumstances and challenges

- 5. Triage with Intention** When there is a month's worth of work to do in a day, prioritization (usually it's triage) is required. Yet, that is hard to do in the moment. Thus, clients resort to what they have done in the past, automatically. However, is that just getting them the same results? Help them look for new ways to handle the predictable (and unpredictable).

6. Fulfillment Focus

To go into new, unfamiliar directions, clients need an abundance of energy. Yet, most of their personal "fuel tanks" are often "bone dry." Help them identify their personal Core Needs and find ways to give them greater attention.

GETTING UNSTUCK

Situations that challenge resilience can be immobilizing. Remove the blocks to action.

7. Micro Activities

Have the client identify very small things to do that move them forward. No matter how over-scheduled they may be, they can fit in micro activities that give them a sense of progress.

8. Delegating

Many clients expect to do too much themselves. They believe that only they can fix, solve, rectify, and overcome the issue at hand. Are they really the only one who can accomplish this?

GETTING SUPPORT

No one can do it alone. Part of building resilience is getting help.

9. Who for What?

Rapid action can come when you know who to go to for the right kind of help. Have them make a list or cheat sheet of who their "go to" persons are for various situations.

10. Making Requests

One of the reasons that clients don't get the help that they need is that they are uncomfortable with or bewildered by how to ask for help. Some feel they are imposing on others. Others fear they will appear weak. Help them figure out how to ask for what they want to need from others and practice asking for help.

Learn more about ThoughtAction's certification programs for coaches at:

www.thoughtaction.com/certification

