

# How to Adapt, Recover & Grow (Without Burning out)

Resilience isn't about being tough, unshakeable, or endlessly positive.

It's your ability to adapt, recover, and grow, especially when life gets messy, unpredictable, or overwhelming.

Resilience is a blend of energy, perspective, and connection, the inner resources that help you bounce back, stay grounded, and keep moving forward.

## Adaptability

Adjusting when things change



### Growth

Returning to centre after stress



### Recovery

Learning from challenges rather than shrinking from them



You don't build resilience by "pushing through."  
You build it by understanding what supports you, what drains you, and what helps you reset.

# Mapping Your Stress & Support

Resilience isn't just a mindset, it's a pattern. A helpful way to see that pattern is through Stress Mapping, noticing what's stretching you and what's supporting you.



What's currently demanding your energy?



What coping strategies are you using?



Where do you feel strong?



Where do you feel stretched thin?

This awareness helps you spot the gaps – and the opportunities.

## Try This...

List your top three stressors and the strategies you're using to cope.

What do you notice?

# Building Your Resilience Muscles

Resilience grows through small, consistent practices across three areas...

**Mindset** Re-framing challenges, practising self compassion, and using a growth mindset to shift from “I can’t” to “I’m learning how.”

**Body** Rest, movement, breath-work, and energy management, because your nervous system is the foundation of your resilience.

**Connection** Support networks, peer learning, honest conversations, and asking for help when you need it.

Which of these three areas feels strongest for you right now? Which needs more attention?

Resilience becomes real when you use it in the moments that matter, tough feedback, unexpected change, conflict, pressure, or setbacks.

## A simple practice...

1. Pause
2. Notice what’s happening in your body
3. Choose one resilience tool (breath, reframing, grounding, asking for support)
4. Take the next small step

# Mini Reboot Practice

## 3 Tiny Ways to Reset Your Learning Mindset

### 60 Second Nervous System Reset

Take one slow breath in for four counts, hold for two, exhale for six. Repeat three times.

Your body will soften before your mind catches up.

### "What's In My Control" Check

Write down:

- What I can control
- What I can influence
- What I need to release

This instantly reduces overwhelm and brings clarity.

### Micro Support Move

Reach out to one person, a colleague, friend, or peer and share one thing you're navigating.

Connection is one of the fastest ways to restore resilience.

Resilience isn't about being unbreakable, it's about being supported, self aware, and able to return to yourself when life gets loud.

Every small reset strengthens your capacity to adapt, recover, and grow.