



RESILIENCE & RENEWAL

IN THE OFFICE & BEYOND

Who or what do you want to show up for? What matters most to you?

If you had more resilience, capacity, calm, energy...

What would you have more of? What more could you do or give?

What would you have less of?

What increases your capacity and resilience?

What is YOUR Swiss-cheese model?

Forces beyond your control can take away everything you possess except one thing: your freedom to choose how you will respond to the situation.

-Viktor Frankl



QUICK SHIFTS

Make friends with your tiger. Tame it. Stop it in its tracks.

Notes

BREATHE

MOVE

**GET PRESENT
IN YOUR BODY**

How & When I Can Use These 3 Quick Shifts:

**Extra Resources
For You Here! ➔**



STEADY SHIFTS: YOUR FOUNDATION

HOW YOU: CONNECT • REST • SLEEP • EAT • MOVE BUILDS YOUR CAPACITY & RESILIENCE

CONNECT & REST

- Make a list at night of what went *well*
- Use the Daily Shift Journal (find that with the extra resources)
- Create a morning routine to start your day with calm
- Include 5 minutes of deep breathing / meditation each day
- Take breathing breaks through your day: anchor it to things you're already doing, create reminders for yourself to do it
- Sit in your car and take 10 deep breaths before going in the house
- Incorporate active but restorative activities like yoga (great 15-20 minute videos on YouTube)
- Try a meditation app like Insight Timer, Ten Percent Happier, Calm, Headspace
- Spend intentional time with family and friends
- Make time for hobbies and meaning: music, art, puzzles, sports, volunteer

SLEEP

- Prioritize sleep! "*Sleep is the glue that holds us together*"
- Stop the scroll - no screens at least 1 hour before bed
- Get outside first thing in the morning (this can improve your sleep)

EAT

- Eat a lower-stress happiness diet: real, whole, unprocessed foods
- Choose lots of colorful veggies and fruits
- Eat protein with each meal or snack: blood sugar is the key to energy & mood
- Choose foods in the form they were grown

MOVE

- Take a short walk at lunch
- Have walking meetings
- Stretch 5 min in the morning and evening
- Grab movement snacks - they add up!
- Do movement you enjoy
- Schedule movement/exercise into your calendar: WHEN, not IF

**Extra resources
for you here!**



BREATHE

Your breath is a powerful tool for stress management and healing. You can calm your nervous system, stop stress signals, and create a healthier state by using your breath.

Use your breath to reset, relax, and refocus.

Abdominal breathing, or "belly breathing" helps you move from sympathetic "fight or flight" state into parasympathetic "rest and digest" calm and healing state.

Take "breathing breaks" throughout your day. Spend 3-5 minutes (or even 1 minute!) bringing your attention to your breath and practicing deep breathing.

How can you remind yourself to do this?

Longer Exhale

- Make your exhale 1.5 or 2 times longer than your inhale.
- For example, inhale for a count of 3, exhale for a count of 6
- Inhale for a count of 4, exhale for a count of 6.
- See if you can lengthen your exhale further over time.

Box Breath

- Inhale for a count of 4
- Hold for a count of 4
- Exhale for a count of 4
- Hold for a count of 4
- Imagine going around all four sides of a square or a box while you breathe.
- Continue for at least four cycles

Belly Breathing

- Put one hand over your chest and one hand over your lower belly.
- Take a slow breath in through your nose.
- Feel your belly expand under your hand, like a balloon inflating.
- Exhale through your mouth, feeling your belly deflate like a balloon.

Heart-Focused

- Begin to breathe a little more slowly and deeply than usual.
- Imagine your breath is flowing in and out through your heart, or the center of your chest.
- Bring to mind a positive, renewing emotion, such as love or gratitude.
- Continue to imagine your breath flowing in and out through your heart as you focus on this emotion.