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RESILIENCY
solution

Resiliency Roadmap

**WORKBOOK GUIDE FOR 7-DAY
RESILIENCY TRAINING COURSE**



THE RESILIENCY SOLUTION

Resiliency Roadmap

Workbook Guide for 7-Day Training Course

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Note from the Author

For many years now, I have sought to make systemic change in the world. This course is yet another pebble creating ripples of healing to spread the reach of this work. My hope is that something within will strike a chord for you and those in your life, serving to make us all more resilient.

Be Resilient,

A handwritten signature in blue ink, appearing to read 'P. Jeffs'. The signature is fluid and cursive, with a large loop at the end.

Dr. Patrick Jeffs



How to Make Best Use of this Course

This course was designed with a few thoughts in mind:

1. Everyone is different. Everyone has come to this course for different reasons. Everyone has had different life experiences to view this course through. And everyone learns differently. It was our attempt to build this course with all these things in mind.
2. We present information in different ways intentionally and hope you find the way that you best connect to this material. Don't think you have to do every part to become more resilient.
3. Expect the following general daily layout:
 - Intro to that day's topics
 - Primary takeaways
 - Short activity to for a primer on that day's resiliency topic
 - New learning (online version will include videos)
 - Expanded activity or practice for that day
 - Tips on how to be most successful or areas to look out for
 - Deeper dive. If that day's topic is something you'd like even more work on, I include a way to return to the topic with expanded reading or learning.
 - Quote of the day. Important to end each lesson with some words of wisdom.
4. Lastly, share what you're learning. The more those in your life are also practicing being more resilient everyday, the easier these changes will happen.



Day 1

Resiliency Framework

Getting Started with Resiliency

Today we will jump right back with why building resiliency is so important. Hopefully parts of this will seem familiar and are meant to re-focus your attention to your self-growth.

The best time of the day to engage with this course is in the morning before the day gets going. You will be most successful if you set aside about 15 minutes each morning to work through each pillar of resiliency.

Primary takeaway:

A key component to improving your daily resiliency is increasing your ability to be present. When beginning each day's lesson, start with 1 minute to look around the space you're in and settle into what you're doing. Visually notice what's around you. Do you notice sounds? Tastes? How are you feeling? Rested? Tired? Focused? Excited? This contributes to a sense of safety which is at the core of being resilient. Notice details. And notice your breath.

In the Moment Challenge

Pick One Area of Life to Focus On

While the skills you'll develop over the next 7-days are aimed at being utilized in many aspects of your life, for the exercise of learning during this course, pick one area of life to focus on.

A few examples can be:

- Reducing stress at work
- Increased patience at the end of the day
- Better mental clarity under pressure

Target area of focus:

Today's Challenge:

Name 1-3 times in your life when you've successfully been resilient. Write a few words on what contributed to these.

1.

2.

3.

Your Resilient Words:

Most importantly, increasing your resilience will take practice.

This course is meant as a personal outline to being your path. Daily options to take a deeper dive into each pillar was included as a way of further developing skills in a particular area.

Challenge for the Week

End Your Day with 3 Good Things

Review video on 3 Good Things and complete daily

Deeper Dive

"Why Zebras Don't Get Ulcers." Dr. Robert M. Sapolsky

“

*Do something everyday that nourishes your spirit,
opens up your heart, and builds mental resiliency.*

”

Les Brown, @thelesbrown





Day 2

Finding Yourself

Getting Started with Self-Awareness

One of the primary reasons you were asked to set aside time in the morning for this course was to begin to build the habit of starting the day with yourself. Many cultural and religious traditions have historically done this but we now have the science to support why.

There are two primary reasons to have some sort of morning ritual focused on oneself:

1. To ask how you are doing **today**.
2. To then ask how you need to best take care of yourself **today**.
3. When you start each day checking in with your *physical self, emotional self, and thinking self*, you are better prepared to react to what the day brings in a more thoughtful way.

Today's Challenge:

Name 1-3 moments throughout your day that you choose distraction instead of being present or more with yourself.

1. _____
2. _____
3. _____

On the next page, make a brief plan on how to replace that with just being more present either:

1. Outwardly
2. With Yourself
3. With Others

Use the space below to create a SMART plan for yourself. A SMART goal stands for Specific, Measurable, Achievable, Relevant, and Timebound. Apply these standards to being more present in a particular area of your life.

S _____

M _____

A _____

R _____

T _____

Noticing Your Self

After you increase your ability to be present with the outside world, you can begin to move inward. There are three different components of self that you'll need to develop a better relationship with:

1. Physical Self
2. Emotional Self
3. Thinking Self

Try to develop a practice this week of taking time (if only a minute) to get in the habit of noticing one of these, and ultimately all of these.

Noticing Your Physical Self

Our bodies and internal physical world hold a wealth of untapped information. This is one of the most important takeaways from this course. It's also often the most uncomfortable for many. Developing the ability to scan our body and internal experience is essential for deepening your resiliency. For today, we're just noticing.

Noticing Your Emotional Self

First, get rid of the assumption that you are only feeling one emotion at a time. It's important to sit with yourself to better uncover the variety, sometimes conflicting emotions you can be experiencing in any given moment. By starting the day reviewing your emotions, you can better understand what your needs and capacity for that day might be. For today, we're just noticing.



Noticing Your Thinking Self

When most people think of mindfulness, they think of tracking thoughts. It's important to not only be able to notice thoughts but to understand the quality and themes within them. For today, we're just noticing.

Challenge for the Week

Develop a habit that at any given moment in your day you'd be able to note your physical & emotional state and what you're thinking.

Deeper Dive

"The Headspace Guide to Meditation & Mindfulness." Andy Puddicombe.

“

Knowing yourself is the beginning of all wisdom.

Aristotle

”





Day 3

Time to Regulate

Getting Started with Self-Regulation

This is the most pivotal lesson in building resilience. While skillful self-awareness is a prerequisite, self-regulation is the linchpin to unlocking the fullness of your resilience. This is more than staying calm when the seas get rough. It's learning to utilize our natural reactions more effectively.

Primary takeaway:

You are in constant cycles of activating and settling throughout every day. You need to learn how to utilize this natural balancing act to keep within your range of resiliency. This primes the rebound of resiliency.

In the Moment Challenge:

Understanding Your Stress Response

Your body naturally alerts you daily with signals. However, if you ignore them or are unaware, they can become problematic.

List three stress responses that you most connect to:

Increased Heart Rate
Shallow Breathing
Muscle Tension

Shaky Hands
Rapid Breathing
Decrease hunger

Feeling Distracted
Increase urination
Restlessness

1. _____

2. _____

3. _____

Understanding Your Stress Response ctd.

During these moments, it's often helpful to return to the self-awareness techniques from yesterday's lesson, paying attention to what opposites might be.

TIP: Using the Better 30-second Break method is a great way to begin to transition these stress responses.

Self-regulation is the ability to transition stress responses through self-awareness. This is important to:

- Better manage change
- Reduce chronic stress
- Engage in health relationships

Today's Challenge:

Take a Better 30-Second Break

We all need breaks. We also need to evaluate the breaks that we do take. After watching the video on how to take a better 30-second break, list 3 times throughout a normal day in which you can replace a break or transition to include the model set forth in the video.

1. _____
2. _____
3. _____

The goal is to take less time away while increasing our awareness of:

- Our surroundings
- How we feel in our body
- What emotions we may be experiencing

Deeper Dive

"Finding Flow." Mihaly Csikszentmihalyi.



After a storm comes a calm.



Matthew Henry





Day 4

Importance of Creativity

Getting Started with Creativity

Creativity is also being able to create alternatives and adapt to inevitable change. This skill can be helpful in work situations, relationships, or even areas for self-growth you might feel stuck in.

Two important thoughts about creativity:

1. When we practice self-awareness we are reviewing our internal experience with our outer experience.
2. When we are practicing self-regulation, we are more able to stay out of fight, flight, and freeze responses (note the limited and automatic options).

Creativity requires both of these skills. Additionally, constant input limits our brain's ability to create alternatives from the inside out. The idea that multitasking allows us to get more done may be alluring but often limits our ability to solve crucial problems. Mindfulness and breaks throughout the day are essential to fully take in our experience and ultimately be less reactive.

3-Pronged Development

Through these skills we can set up the environment for increased creativity and mental flexibility. We need to create this from 3 different angles:

1. Limit what steals it. Reduce the input and multitasking in your life.
2. Increase what encourages it. Spend time with people and activities that make you feel most like yourself.
3. Do novel things. Engaging in new, and sometimes exciting activities, allows our brain to be more flexible and creative in other areas.

Today's Challenge:

The Myth of Multitasking

Make a list of 3-5 moments throughout the day that you are engaged in more than 1 task at a time. Examples might be cooking or eating while watching TV, working while having a conversation with someone, and a serious culprit, texting and driving.

1. _____
2. _____
3. _____
4. _____
5. _____

Pick one of these moments to separate two of these tasks that you believe will have the biggest impact. Make a SMART plan on how to accomplish this.

TIP: It's helpful to increase your self-awareness and self-regulation skills during these moments. It's often due to feelings of uncomfortably that we must fill these times.

S _____

M _____

A _____

R _____

T _____

Deeper Dive

"Thinking, Fast and Slow." Daniel Kahneman.

“ Creativity is intelligence having fun. ”

Albert Einstein





Day 5

Lead With What You're Good At

Getting Started with Strength

Today's topic may seem brief, but it's focused. You'll need to start by identifying your character strengths. It's recommended that you complete the survey below ("Deeper Dive").

Alternatively, you can reach out to 3 people in your life, balancing work and personal relationship. Ask these individuals to identify 5 character strengths from the list found in the Appendix.

Strength of Character List: See Appendix.

In the Moment Challenge:

List your top 5 character strengths:

1. _____

4. _____

2. _____

5. _____

3. _____

Deeper Dive

The VIA Survey of Character Strengths (online) <https://www.viacharacter.org/Survey/Account/Register>



Our character is what we do when we think no one is looking.

H. Jackson Brown Jr.





Day 6

We All Need Someone Sometimes

Getting Started with Connection

There's nothing more healing in life than a healthy relationship. It's essential to our resiliency to have people in our lives that we trust. The science behind this is equally compelling.

We are not born knowing how to regulate ourselves. At first, we only achieve this through movement, often rocking. Later, we learn to regulate off our caregivers. This never fully goes away. We are continually assessing if people we come into contact with are a good model to regulate off. In work settings, these are often people who are open, supportive, and easy for you to talk to. While self-regulation is foundational, we also regulate off those around us. Some make us feel calm. Some make us feel excited. And others make us feel frantic or confused.

Primary Takeaways

1. Self-awareness can help us answer the question: "What types of people do I need in my list?"
2. Self-regulation can help us maintain healthy long-term relationships

Today's Challenge:

Using the space on the next page, list 3-5 people who you appreciate being in their presence. Make notes on how they make you feel in your body, thoughts, and emotions. Try to include people from a variety of places in your life.

Name

Body

Thoughts

Emotions

Professional Sustainability

Connection and trust in our work has been shown to increase the following:

- Cohesion
- Collaboration
- Wellness
- Retention

Deeper Dive

"Daring Greatly." Brene Brown.



*The power of one, if fearless and focused, is formidable,
but the power of many working together is better.*



Gloria Macapagal Arroyo





Day 7

Expecting Good Things

Getting Started with Optimism

Optimism is more than just rainbows and unicorns. It's not enough to just hope that things will turn out well for us and others. This needs to be an expectation. However, we also need to know what it's like when we get it.

Primary Takeaways

1. Increase your ability to **identify** good things in daily life
2. Increase your ability to **feel** good things in daily life

A Lesson in Expectations

By now you've hopefully been in a nice rhythm of taking time at the end of your day to focus on 3 Good Things. This is the moment where we take it to the next level. Tonight, proceed as usually in writing out your 3 Good Things. However, afterwards, bring a high level of self-awareness into this exercise.

In the Moment Challenge:

As you look at these 3 Good Things one at a time:

1. Notice this in your physical self
2. Notice this in your thought self
3. Notice this in your emotional self

We too often merely sit with the mental part of our experiences and it's when we expand this to also include our physical and emotional experience is resiliency integrated.

Feeling Into Good Things

While the 3 Good Things exercise primes the brain to expect and search out good things throughout each day, we also require the ability to take in these good feelings. This may seem obvious but it's far from that. A primary reason many need more and more is the inability to fully feel the goodness. This next exercise will help demonstrate how to get at this.

Today's Challenge:

Choose a sensory experience to be able to separately move through the 3 parts of self-awareness:

1. Noticing your physical self
2. Notice your thinking self
3. Notice your emotional self

Spend 1-2 minutes in each of these parts of your self, seeing how well you can explore this experience. A few examples of a sensory experience to savor might be:

- Enjoy a small amount of chocolate or ice cream. Mints work well too.
- Quietly watching the sun set.
- Listening to one of your favorite songs in stillness.

Deeper Dive

"Learned Optimism: How to Change Your Mind and Your Life." Martin P. Seligman.

“

Joy, collected over time, fuels resilience.

”

Brene Brown





Appendix

Resilience Resource List

Resilience Resource List Video Recommendations

1. Resilience: The Biology of Stress and the Science of Hope (ACE's study)
<https://kpjrfilms.co/resilience/>
2. A Better 30 Second Break
https://www.youtube.com/watch?v=gmW_3-Kd7yU&t=38s
3. The Myth of Multitasking
<https://www.youtube.com/watch?v=yr8W8ejX6To>
4. Positivity Opens Our Minds
<https://www.youtube.com/watch?v=Z7dFDHzV36g>
5. Vulnerability
<https://www.youtube.com/watch?v=iCvmsMzIF7o&t=11s>

Book Recommendations

1. *"Why Zebras Don't Get Ulcers."*
Dr. Robert M. Sapolsky
2. *"The Headspace Guide to Meditation & Mindfulness."*
Andy Puddicombe
3. *"Finding Flow."*
Mihaly Csikszentmihalyi
4. *"Thinking, Fast and Slow."*
Daniel Kahneman
5. *"Learned Optimism: How to Change Your Mind and Your Life."*
Martin P. Seligman



App Recommendations



Stop, Think, Breathe



InnerBalance by HeartMath



Calm



Headspace

HEADSPACE

Website Recommendations

1. VIA Survey of Character Strengths (From Day 5)
2. Optimism Test

<https://www.authentic happiness.sas.upenn.edu/testcenter>



Noticing Your Physical Self

Our bodies and internal physical world hold a wealth of untapped information. This is one of the most important takeaways from this course. It's also often the most uncomfortable for many. Developing the ability to scan our body and internal experience is essential for deepening your resiliency.

1. Finding a quite, safe space.
2. Look around for 30-60 beginning to just be present. Paying attention to details but not getting fixated on any one thing too long
3. Start to pay attention what you notice in your body.

TIP: Think in opposites, help understand and this then helps change things.

List of sensations

Warm vs. Cool
Tight vs. Loose
Dull vs. Sharp
Dry vs. Moist

Full vs. Empty
Heavy vs. Light
Shaky vs. Still
Strong vs. Weak

Here's some other options

Achy
Blocked
Bloated
Clammy
Congested
Cozy
Crampy
Energized
Fluid

Hard
Jittery
Open
Pressure
Quiet
Smooth
Throbbing
Twitchy
Wobbly



Noticing Your Emotional Self

First, let's get rid of the assumption that we are only feeling one emotion at a time. It's important to sit with ourselves to better uncover the variety, sometimes conflicting, emotions we can be experiencing in any given moment. By starting the day reviewing our emotions, we can better understand what our needs and capacity for that day might be.

This is best done in combination after reviewing sensations but at least taking the same starting steps. In the first few days of this, you may want to make a separate time for this.

1. Finding a quite, safe space.
2. Look around for 30-60 beginning to just be present. Paying attention to details but not getting fixated on any one thing too long
3. Start to pay attention to what emotions you notice in your body.

Here's a list of emotions

Content	Thankful	Afraid	Angry	Ashamed
Encouraged	Caring	Defeated	Anxious	Defensive
Excited	Connected	Disappointed	Bored	Frustrated
Hopeful	Grounded	Exhausted	Confused	Impatient
Proud	Kind	Lonely	Guarded	Judgmental
Relieved	Loving	Overwhelmed	Uneasy	Pessimistic
Calm	Relaxed	Tired	Suspicious	Resentful



Character Strengths

This is a list of character strengths developed by Dr. Martin Seligman and his team.

Appreciation of beauty and excellence [awe, wonder, elevation]: Noticing and appreciating beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

Bravery [valor]: Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

Citizenship [social responsibility, loyalty, teamwork]: Working well as a member of a group or team; being loyal to the group; doing one's share.

Creativity [originality, ingenuity]: Thinking of novel and productive ways to do things; includes artistic achievement but is not limited to it.

Curiosity [interest, novelty-seeking, openness to experience]: Taking an interest in all of ongoing experience; finding all subjects and topics fascinating; exploring and discovering.

Fairness: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance.

Forgiveness and mercy: Forgiving those who have done wrong; giving people a second chance; not being vengeful.

Gratitude: Being aware of and thankful for the good things that happen; taking time to express thanks.

Hope [optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

Humor [playfulness]: Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

Integrity [authenticity, honesty]: Speaking the truth but more broadly presenting oneself in a genuine way; being without pretense; taking responsibility for one's feelings and actions.

Judgment [open-mindedness, critical thinking]: Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.



Kindness [generosity, nurturance, care, compassion, altruistic love, “niceness”]: Doing favors and good deeds for others; helping them; taking care of them.

Leadership: Encouraging a group of which one is a member to get things done and at the same time maintaining good relations within the group; organizing group activities and seeing that they happen.

Love: Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people.

Love of learning: Mastering new skills, topics, and bodies of knowledge, whether on one’s own or formally; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows

Modesty and humility: Letting one’s accomplishments speak for themselves; not seeking the spot- light; not regarding oneself as more special than one is.

Persistence [perseverance, industriousness]: Finishing what one starts; persisting in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks.

Perspective [wisdom]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people.

Prudence: Being careful about one’s choices; not taking undue risks; not saying or doing things that might later be regretted.

Self-regulation [self-control]: Regulating what one feels and does; being disciplined; controlling one’s appetites and emotions.

Social intelligence [emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people and oneself; knowing what to do to fit in to different social situations; knowing what makes other people tick.

Spirituality [religiousness, faith, purpose]: Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.

Zest [vitality, enthusiasm, vigor, energy]: Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

Park, N., Peterson, C., & Seligman, M. P. (2004). Strengths of Character and Well-Being. *Journal of Social and Clinical Psychology*, 23(5), 605-605. Retrieved March 03, 2019.

