



Session 2

Finding Yourself

Getting Started

One of the best ways to know how we are feeling at any given moment, is to know what our baseline is. For this reason, I recommend starting each day quietly, checking in with yourself. Similarly practices have existed for thousands of years in many cultures and faith traditions. There are a number of helpful mindfulness apps on the market (many of them for free) which can help build these muscles. We've recommended some in the appendix, "Resiliency Resource Guide".

Self-awareness is the ability to identify your own thoughts, emotions, behaviors, and physiology. Increasing your self-awareness is the first essential step in building resiliency. Most importantly, the goal is to develop a better understanding of what your needs are in any given moment.

Watch the video: Priming for Self-Awareness

The reason self-awareness is an essential skill is that we need to know what our own needs are each day and how to meet those needs before we're able to sufficiently help others.

Write out 2 two ways that you can check-in with yourself before starting your work day. I recommend 1 at home and 1 once you get to work but before starting.

Time for me at home:

Time for me at work (before I really start):

Next, note a few times throughout the day that you habitually distract yourself (or turn to technology) that you'd like to shift. Next to each of these, make note of one of these three options to focus your attention instead:

a) outwardly _____

b) inwardly _____

c) in relationship with others _____

Watch the video: Noticing Your Self

Lastly, pick 1-2 times during each workday to pause for 30-60 seconds and make note of your:

How's my body? (Physical Self): _____

How's my mood? (Emotional Self): _____

How are my thoughts? (Thinking Self): _____

We can expand these moments to additional parts of our workday but it is important to make a plan to start.

Additionally, our next session is on self-regulation which focuses on how to better manage these moments once we realize a change is needed. The good news is that even when we notice a need, our bodies often start to implement a solution immediately.

For example, if we notice that we're holding our breath, our body will automatically take the breath that it is craving. This is why mere self-awareness is such a critical skill

