



Resilience-Building in Times of Crisis

In times of crisis, we tend to forge straight ahead. We recognize the call to duty, and immediately lean-into rapid decision-making and execution. We tap into our energy reserves and launch forward. In doing such, we often hear language such as: *resilience* and *mental toughness* as the two domains to actively leverage. However, over-time, those trusted energy reserves become depleted. And, without focused attention to our emotional and physical well-being, we may find ourselves unable to recharge altogether. It is natural (and expected) to feel scattered and stretched in multiple and competing directions, especially during these unprecedented times.

In order to maintain a sense of 'steady state', it is important to recognize these are not 'normal times' nor are we experiencing 'business as usual'. This is an incredibly important recognition, as it allows for space between 'what was' and 'what is'. Thus, we recommend carving out 30-minutes to establish an emotional check-in and 'reboot'. Whether you conduct this check-in individually, or you lean on a friend or colleague, it is critically important to establish a revised baseline for the 'new normal' you are experiencing.

As each of us has different coping mechanisms, the practice of an emotional 'reboot' allows us to target the 'most beneficial' self-care intervention(s) driven by unprecedented demands placed on one's mental and physical well-being during this time. We utilize the term 'resilience' frequently. However, resilience is only as effective as our ability to reboot and set realistic parameters in place. Further below, you will find research¹ indicating the six domains of resilience:

1. Vision/Clarity/Congruence
2. Composure
3. Reasoning
4. Tenacity
5. Collaboration
6. Health

You will notice the above domains serve as a useful template to transcribe one's core values in real-time. As in: what is your vision to get through this time? What is of critical importance in support of your vision? What can be placed the back-burner for a bit? By considering one single question within each domain, and seeking a deliberate response, you will slow your mind down and regain a sense of control. Thus, allowing the opportunity to reboot and refocus on how to best navigate your well-being during times of crisis. Consider the act of 'resilience' as more of a *focused exercise* to target what you need most during times of uncertainty. By addressing the dimensions of resilience and revisiting our core values, we can establish laser-focused actions / guidelines in support of our innate drivers and natural strengths.

In support of the 30-minute 'reboot' exercise mentioned further above, please consider leveraging the following nine questions to reboot and re-establish your well-being for the days, weeks, and months ahead:

1. What *matters* to me most right now? (I.E.: family, community, steady state, etc.)
2. What is my greatest *power* at this time? (I.E.: rational thinking, rapid and creative problem solving, established credibility, knowledge, collaboration, etc.)
3. How can I actively *leverage/channel* my power toward number 1?
4. What is *one single step* I need to initiate right now?
5. What can I *safely stop doing* for now? (*Note: this will help you stay focused on #1).
6. Identify one person to pull into this effort, either to help them or to get help from (*Note: this drives accountability and structure).
7. The single most important reason I won't neglect my vision, my 'self' and others is: _____.
8. I will take care of my physical health by: _____.
9. I will take care of my emotional health by: _____.

By addressing the dimensions of resilience, and revisiting our core values, we become better equipped to laser focus of efforts on meaningful actions we may take based on our strengths and position(s). Thus, leading us to navigate uncharted waters with a greater sense of control, support for others, and a clear vision to tackle the days, weeks, and months ahead.

¹**Source of Resilience Domains:** Rossouw, Jurie & Eriean, Chelsea & Beeson, Eric. (2019). Building Resilience Through a Virtual Coach Called Driven: Longitudinal Pilot Study and the Neuroscience of Small, Frequent Learning Tasks. 7. 23. 10.12744/ijnpt.2019.023-041.