

FUNSHEET WHAT, WHY & HOW OF BUILDING RESILIENCE



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



WHAT, WHY & HOW OF BUILDING RESILIENCE

In the context of 'high performance coaching', I consider _____ as one of my favourite qualities to imbibe.

What is *Resilience*?

It is that indescribable quality that allows some people to be knocked down by life but come back _____ than ever.

Resilience is your ability - to _____ back.

True or false:

- Being resilient means that a *person won't experience difficulty or distress.*
- The road to resilience is likely to *involve considerable emotional distress.*



"You may have to fight a battle more than once to win it."

Margaret Thatcher - The former prime minister of United Kingdom

Think about the 3 incidences when you were confronted by painful, undesirable, shocking situations?

1.

2.

3.

How did you react to them? How did you deal with it? What was your inner dialogue?

1.

2.

3.

Resilience is an active process. It needs negotiation, experimenting, questioning your previous decisions and more importantly courage to play the game.

Here are 6 ways to build resilience. Think of one or two things that make you feel broken, at loss or defeated.

1: Stop seeing a crisis as a problem

What would change if you consider your problem as your training ground? What will you learn?

When you make this problem as your *training ground*, you will be looking at every traumatic experience as a part of this drill.

2: Keep things in perspective.

When we feel hurt, we tend to focus on our problem and make it the centre of our attention. Changing the focus is the key. No matter how horrifying your chapter feels in the moment, remember it is just a chapter.

Are you doing it? Yes/No
If yes, how will you change it?

3: Make connections.

Create your *support group and ask for help*. Help people to help you. Make a list of 5 people you can reach out to.

1.

2.

3.

4.

5.

In the moment of pain, trauma and defeat, find ways to help someone, feed someone, assist someone especially strangers. Think of 5 ways to help and act on it.

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

4: Take decisive actions.

"If necessity is the mother of invention, then pressure is the mother of performance." I said this in the absolutely write - episode number 56.

Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and wishing they would just go away.

Think of 5 things that you can start 'ACTING' on right away:

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



If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

— Martin Luther King Jr.

5: Look for opportunities for self-discovery

Many people who have experienced tragedies and hardships have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, and heightened appreciation for life.

What have you grown internally through this battle?

6: Take care of your self

Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Consider a new and simple way of graphotherapy.

List all the things you can do ?

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

CALMSUTRA WITH ADITI SURANA

A graphotherapy practice to induce calmness

For this month of October, we are doing a special awareness drive called, 'Calmsutra with Aditi Surana'. Everyday for 12 minutes, Aditi will be doing a handwriting based meditation process, live on Instagram. All the details are mentioned on www.aditisurana.com/calmsutra

Happy writing!