

Dealing with Change Tools for Personal Resilience

A New Recipe for Lemonade

1. What are the significant stressors or sources of anxiety in your life right now?

Which one of these consumes most of your mental energy?

Do you spend excessive time thinking about it, worrying about it, or trying to identify things to do about it?

The next time that stressful thought surfaces, try one of these techniques:

- Take a deep breath. Look around you. What do you see and hear? Notice what is happening, right, now, in the moment, and then make a choice. Do you want to remain present to the moment and fully engage in that activity (whatever it is) or return to your stressful thoughts?
- Consider the situation that you are worried about in the context of other life problems—yours or someone else's. How significant is it? When you have had similar situations in the past, have you risen above or managed through? Consider this question: "Is there any reason I will not be able to handle or manage this as I have other times in the past?"
- Ask yourself if there are any people or situations that are contributing to this worry or making it worse at this moment, and if possible, remove yourself from that environment.
- Give yourself permission to worry another 10 minutes then get on with the activity you want or need to do.
- Consider what one action you can take today to better the situation, even if very small. Then do it.
- Take 10 minutes to make a list of options, as well as best- and worst-case scenarios. Then get on with the activity you want or need to do.

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2. Other people sap your energy, joy and productivity. Do you have people like this in your life? Who?

Plan a response to utilize the next time you encounter one of these people. What will you do or say to help the individual take ownership of their problem? How will you disengage from the situation?

3. If you chose to practice one of the techniques suggested, answer these questions after a day or two has passed.

What about that technique worked for you?

What did you do or accomplish because of it? Did it reduce your stress? What was the impact of that?

What will you do the next time that stressful thought surfaces?
