

The Resilience Prescription

- Water : Drink at least 8 x 250ml glasses of water a day
- Exercise: If your body is healthy push it vigorously for at least 30 minutes a day, if you have health issues, find a way to just move, walk, swim etc...
- Food : Do what your mother advised – eat a little bit of everything, have a balanced diet. At this point in your life you don't need nutritional advice, you know what's good and what's not. Listen to that voice in your head and don't follow the latest fad.
- Smoking: Smoking adds to the flight and fight response. Find a way to stop smoking that suits you. As an example visit www.safeharbour.ie
- Alcohol: Limit your intake of alcohol and have some alcohol free days, it is a depressant after all. The relief you get in the short term is just the depression of your anxiety. If you are drinking a lot you are simply sedating your mind.
- Take a step back: Get things in perspective with home and work challenges, do you magnify your problems? How can you reduce the importance of these challenges?
- Talk: Talk about your problems. If you are a man, that's ok too.
- Hobbies: What do you do in your spare time? Don't have any? You need to give up something else and create some. I may only be 30 minutes. Then do something you enjoy in that time. Give yourself permission to do something just because you want to, it doesn't have to add value to any other part of your life.

- God: Do you believe in god? If not, that's ok. If yes, that's ok. If you do what part does it play in your life? Do your beliefs help you trust in the process of your life?
- TV: Try not to watch more than 1 hour of TV a day. If you do you are using it as the main way to relax.
- Limiting Beliefs: Look at one limiting belief as outlined in exercise 6. Are you willing to get frustrated enough to change it?
- Values: What do you value most? Do you live to that or do you forget? Get back to your values and what is most important in your life.
- Behaviours: Ask your friends and family to comment on your behaviour, are you the same at home and at work? Are there times when you are just not you?
- Gratitude: Get into the habit of being grateful. Pick simple ordinary everyday things, for example, "I am grateful I have the money to pay this bill", "I am grateful I met John today", "I am grateful for that hug", "I am grateful that it's sunny today". This will seem hard at the start but it quickly becomes a habit. It will also seem silly at the start but keep at it, the benefits are worth it.
- Unique: You are a one off. Sounds flaky, but it's true. You don't need permission to be yourself. It is not your job in life to become a photocopy of someone else. You have never existed before and you will never exist again, be yourself. Be opinionated and passionate.

Power

Of Thoughts Ask yourself the 4 bums on the goal post questions (see main metaphor section) when you are faced with a problem. Remember all problems are like getting a puncture in your car, the tyre only gets fixed when you start asking yourself positive questions, that are solution rather than problem orientated.

Big Problems: Have you ever bitten off more than you could chew. You don't need to always know everything and you can't always fix something in one go. Sometimes you need to take things step by step. Eat your problem up, bite by bite.

Competition: Competition is part of everyday life but we mistakenly assume its part of all life. As an example "I can't leave her away with that she will have the upper hand or win the argument". Ask yourself if it's actually a competition, what's the prize? If there is a prize go for it, if not change your perception by reducing its importance

New Habits: Pick a new habit that you want. Your sub conscious mind will automate it after a number of repetitions, allow yourself to get frustrated enough to stick at it until it sticks for you.

Positive Intent It's your life, you only get one and there is nothing you can bring with you, your biggest problems or your most prized possessions. Live your life on purpose, dream and set goals for yourself. Remember a goal is simply a dream with a deadline.

- Decisions:** What are you procrastinating about and what pain are you avoiding by doing that? Does this define your comfort zone? Stop thinking about it and make a decision to do it or not do it. Get off the fence. Success comes from action not from mentally massaging the same ideas every day. Stress also comes from ambiguity, so give your elephant clear direction.
- Sleep:** Sleeping is a natural function. You do not need to learn how to sleep. When we find it hard to get asleep or stay asleep, we have put barriers in our way. If you are in bed and ideas or work keeps popping into your mind, get out of bed and write your thoughts down and leave them outside your bedroom. Create a positive association with your bedroom it is not a place of work. Try not to watch serious TV in bed or send emails. Your bedroom is a safe harbour. Keep it that way and leave everything else outside.
- Help Others:** When we help others we are sharing what is most precious in life, our time. Random acts of kindness will help you feel happier and more human.
- Thanks :** Say thank you to people you meet during your day. It will slow you down and help you connect to others.
- Ask for help:** When you ask a person for help you are “letting them in”. Empower people in your life by asking for help when you need it. Elephants are powerful and they are stronger in a herd.
- Moaners** Avoid moaners or miserable people when you can. I know this is politically incorrect, that’s ok. Misery loves company. Spend more time with upbeat positive people when possible.

- Laugh:** Who or what makes you laugh? Spend more time with this person of doing that activity. Learning to laugh at life's frustrations is a key skill to being resilient.
- Mistakes:** We are the only animal on the planet that actually believes that we can learn without making mistakes. We learn early in school that we lose marks if we make mistakes so we try and live without making mistakes! Every experience you have is an opportunity to learn.
- Relationships** Elephants are stronger when in a herd. Who is in your herd at home and at work? Give time to your relationships. Spend time with your friends. Have fun and listen to their issues
- Be Mindful** The more self-aware you become the earlier you will notice when you are getting stressed. It is easier to change behaviours the sooner you spot them. (look back on exercise 3)
- Self-Chat** Be mindful of your self-chat. When you talk to yourself you, the rider, (conscious mind) are talking to your elephant (sub-conscious mind). Your elephant believes you are describing where you actually are and what is actually happening. How happy, sad or stressed you feel in any situation is not really dependant on the situation but in how you internalise it and recount it to yourself.