

# Unbreakable: 5 Steps for Strengthening Your Resilience Muscle

When you're facing challenging times, strengthening your personal resilience helps protect your well-being and prevent burnout. Greater resilience allows you to recover from stress and setbacks more effectively.

A key part of resilience is reframing negative thoughts that keep you stuck. Use these 5 steps to shift your thinking and build the confidence to move forward.

## Step 1 | Recognize your own adaptability & resilience

- We often forget our own strength when life presents difficult situations.
- Take a moment to reflect on what attributes allowed you to get through past challenges and write them down.
- Acknowledge yourself for the aspects of resilience you've demonstrated in the past. (For example, your courage, discipline, grit, attitude etc.)

## Step 2 | Lean into your current challenge and be willing to feel your emotions

- Reflect on a current issue or situation that is negatively impacting you right now.
- Avoid the temptation of distracting yourself from leaning into the challenge.
- Begin to explore – what is the emotion or emotions you experience when you think about this situation? What do you notice in your body? (For example, tightness in your chest or pain in your head etc.)
- Be sure not to judge how you're feeling as you let yourself really feel the emotion for at least 90 seconds.

## Step 3 | Identify the stories you're telling yourself

- Ask yourself – what stories am I telling myself about this situation that might be driving the emotions I am experiencing?
- How might you be judging yourself in this situation?
- How are these stories affecting your resilience?

## Step 4 | Reframe your thinking around the situation

- How can you reframe those thoughts to be gentler, and more empowering? If you find this challenging, consider what you would say to a friend or a child who was having similar thoughts.
- For example, if your inner critic is saying "I'm an idiot", try saying something like, "I'm struggling right now, but if I relax, breathe, take things one step at a time, I know I can figure this out."

## Step 5 | Take one tiny step forward

- Remember, emotion follows motion. So even the smallest step in the direction of feeling better, finding a solution, or getting support can make a huge difference.
- Consider – What is one thing you could do to move towards feeling better (i.e., self-care) or towards finding the solution you're seeking?
- Take that step.
- Acknowledge yourself for your courage.



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