

5 Simple Ways to Cultivate Resilience TODAY!

What is resilience? Essentially it's an ability to bounce back after a stressful challenge. We need resilience because life inherently has challenges. No challenges? No resilience needed. Cultivating true resilience releases your natural joy!

Resilience is not "one and done." It's a fundamental shift in how you interact with the world. Here's the good news: when done consistently, habits that build resilience tend to become self-reinforcing. The more you practice, the more resilient you get. A few simple steps can get you going and there's a lifetime of learning available.

Here are 5 simple steps to get you going TODAY!

1. **Hunt the Good Stuff!** Our species survived because we became really good at identifying threats and avoiding them. This created what's called "negativity bias," which means that our brains are naturally on the lookout for threats all the time. At work this skill is honed to a fine precision, and it's an asset when used consciously. But in modern life, for many of us, this bias has run amok and can easily lead us down a dark rabbit hole, only seeing the negative. Think about how often conversations devolve into "bitch sessions." The antidote? Next time you're in a negative situation, consciously hunt the good stuff.
2. **Communicate with Kindness.** Emotional contagion, or the tendency to mimic the emotions of another person, is most challenging when we encounter negative emotions. But emotional contagion works both ways! What if you brought an intention for connection, peace, or kindness to every interaction? Slow down, breathe deeply and connect with the person you are talking with. You can do this with yourself, too! At the end of the day take the time to notice at least three things you appreciate about yourself.
3. **Get Moving!** Exercise is widely known to reduce stress levels and is a healthy outlet for challenging emotions. It also builds positive emotions through endorphin release. Additionally, research shows that many people find their most creative ideas while engaging in repetitive exercise.
4. **Take an "e-Break."** Research is showing us that our electronic devices are not only addictive, they can negatively impact our health, including negatively impacting sleep. Experiment with taking a break from your devices and notice what happens!
5. **Do Something You Love.** Often we set aside play for "more important tasks." But it turns out that there's plenty of research that shows us the importance of play. Is there something you have been putting off until you "have time?" Create a list and do something you love to do, even if it's only five minutes a day.

How to use this list?

- **Pick one step** that seems the most appealing to you and experiment by identifying an easy-to-do small step. For example, if you know you feel better when you exercise, but you "never have time," pick something where you could do some kind of exercise for 5 minutes. Like walking vigorously up and down a flight of stairs on the way to the bathroom, park at the far end of the parking lot when going to the supermarket, etc.
- **Reflect on your week** and pick two or three times you could insert this new step into your routine. Experiment with "habit linking" – pairing a new intended habit with something you already do. For example, you could Hunt the Good Stuff on the way home from work, or make a point to speak kindly to the barista at the coffee shop even if you're in a hurry.
- **At the end of the week**, reflect on what worked and didn't work and adjust your plan for the next week. In this way, small steps can make a huge difference.

Want more? The Inner Leverage Point offers coaching and training to teach individuals and teams step-by-step skills and habits that naturally result in true resilience: the ability to bounce back from challenges. [Sign up for more tips on resilience, leadership and living a joyful life.](#)

