



Coping With Stress - Practical Techniques For Optimal Wellbeing

WORKBOOK

Part 4: Building Your Mental Strength



Part 4 COURSE EXERCISE

Mental Wellbeing and Building Resilience

Wellbeing Daily Self-Care Check In Exercise

A reminder for a daily self-care check in with 'You'. To support your wellbeing and to see how full your resilience batteries are in this moment.

Taking a deep breath in all the way down to your toes. Repeating this 2 more times, taking a deep breath in all the way down to your toes. Feeling present.

Ask yourself

How am I feeling mentally in this moment?

How am I feeling emotionally in this moment?

How am I feeling physically in this moment?

How am I feeling about my connection to everything else that exists in this moment?

Taking a moment to sit with these questions and to see how you feel. How do you feel in your body as you ask each of these questions. Where do you feel a reaction in your body as you ask these questions. Is anything triggered for you. Is there anything to notice. Really just checking in, without judgement, just with acceptance. Only bringing acceptance to your experience as you ask yourself these questions.



If you find it hard to feel these answers in your body, taking a moment to imagine roots of a tree, strong oak tree roots, extending from your feet, deep into the earth, grounding and rooting you to the earth. Take a deep breath in, all the way down to your toes. Ask yourself these 4 questions above again.

Breathing into the moment. Allowing your body to relax all muscles.

Allowing your mind to feel ease. Allowing your emotions to settle. Allowing yourself to feel at peace. Allowing this moment to be whatever way it is.

Total acceptance. And breathe.



Ways To Support Your Mental Wellbeing Exercise

Write down 10 ways you can support your mental wellbeing from the suggestions that were made in this section. Ensure that these are 10 ways that feel doable and manageable to you.

There may also now be some other suggestions that you are thinking of, that are in addition to what has been mentioned in this section of the course. Make sure to record these also.

Write your responses here



Building Resilience Exercise

In this exercise we look at some key areas of our lives related to resilience. It helps us to see if there are any areas of resilience we need to focus on more than others, to ensure our resilience battery is fully charged, or at least as charged as it can be for now. It highlights aspects of resilience that we might need to work on.

From the below statements, rate yourself on a scale from 0 to 10 in terms of resilience. 0 is 'not really' and 10 is 'yes definitely'. Write down where you are on the scale for each statement.

Not really Yes definitely
0 ..1 .. 2 ..3 .. 4 .. 5 .. 6 .. 7 .. 8 .. 9 .. 10

- a) I accept support from other people in my life
- b) I fully accept myself for who I really am
- c) I have confidence in my ability to cope with adversity
- d) I am really good at communicating and interacting with others in times of stress
- e) I am really good at facing challenging problems in life and solving them systematically
- f) I am able to cope with my emotions in the face of challenging times
- g) In a crisis or chaotic situation, I calm myself and focus on taking useful actions
- h) I'm usually optimistic. I see difficulties as temporary and expect to overcome them
- i) I adapt quickly to new developments. I'm good at bouncing back from difficulties



If you have rated anything above zero, think about why you have given this a score above zero. What could you do to move this closer to a 10.

Remember this exercise is just for you as a check in to see if you need to bring your awareness and focus to particular areas, to support you in improving your resilience in these areas.

It's all about recharging the resilience battery whenever we can.