

Your Weekly Work-IN

Congratulations!

You finished your 2nd week of the Resilience Course™

Let's do a quick review.

Take-aways fitness tips

- A. Resilience is about leaning into, and growing through, stress.
- B. Fear is normal, it indicates you need to pay attention to what is happening and respond appropriately.
- C. Your mind can react to stress with thoughts that are unhelpful, and in fact, trigger more fear and cause anxiety
- D. You can challenge or defuse from your thought
- E. Chronic stress is hard on your body and can cause illness and disease
- F. You need to know what you can and can't control
- G. You have the power to influence things, including others

In addition to continuing to practice good self care (see the Your Daily routine)

Your exercises this week

1. Notice when you are having unhelpful thoughts, follow them to locate their source, challenge them!
2. When you are feeling frustrated with others or tired and demoralized, note what is (and is not) under your control, and take action to make yourself feel better
3. Take 10 minutes each morning to sit quietly, still your mind, let your thoughts go and simply meditate.

These daily practices are essential for consolidating and reinforcing your new learning.

Earlier exercises might seem each day

That is not the case !

You are getting stronger!