



# Creating & Developing Personal Resilience

## A Quiet the Hive Career Confidence Worksheet



As people are increasingly more open about mental health and its importance, the emphasis placed on resilience is growing; but what is it? How can we get it? Can we grow it? And if we don't have it, is there something wrong with us? This Quiet the Hive Career Confidence worksheet gives you some simple ideas about how you can enhance and increase your personal resilience.

### What is resilience?

Resilience is how you cope when things get tough. How you bounce back after a crisis or tricky time. Resilience is the ability to get yourself back on the bike when you fall off. How do you cope or adapt when things don't go as you planned? Resilience is how you use your strengths and skills to cope with and recover from challenges and difficulties. REMEMBER - everyone goes through phases of NOT feeling resilient. All too often resilience is seen as a magical super power, but if you're just not feeling it, don't be hard on yourself; you are not alone. The simple act of noticing when you're not feeling resilient is important. Remember that it takes work to build resilience and if you're struggling, you should think about seeking professional help and support. A conversation with your GP is a great place to start.

### Why is resilience important?

Resilience isn't about sailing through life happily or without problems and issues. We will all face these, without doubt. But resilience is important because without it we may become overwhelmed or unable to cope. Resilience is about not letting adversity define you. Noticing what's within your control or sphere of influence can help. Although some people seem naturally resilient, the good news is that resilience can be learned.

### How can I grow my resilience?

A simple way to look at it is that we all have a 'bucket' of resilience. The more we dip into it, the more depleted it becomes, so it's important to keep refilling it. Building resilience is not a one-off. It is a constant need to pay attention to how full your bucket is, and attending to it when it's low. Here are 10 ways you can refill your bucket.

*Jane x*



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## 1) Find your tribe

I am a huge believer in 'Find Your Tribe and Love Them Hard'! It's one of the key pillars in Quiet the Hive, and is one of the reasons why I developed the Awakening Women's Lives programme which sets up groups of women to act as champions, challengers and peer mentors (find out more about this programme via [www.quietthehive.com/courses/awl](http://www.quietthehive.com/courses/awl)).

You know the people who bring you joy, strength and who lift you up. When your resilience is low, find your way to them. Ask for help. You know they will give it to you in various forms (an ear, a shoulder, a huge glass of wine...), unquestioningly and with support.

Try and surround yourself with energy radiators, not drains - i.e. hang out with the people who make you feel good about you and about life, not the ones that exhaust you!

## 2) Find meaning and purpose

Finding a sense of purpose supports self-esteem, well-being, and mental health, and therefore contributes towards resilience. If you have a clear sense of purpose and understand how you add value, this will help you to understand and tap into your own sense of worth. Finding what you're passionate about can be a good way to begin to understand how you can increase the meaning and purpose in your life. This is linked to...

## 3) What Makes You Happy?

This one is simple really. What makes you happy? The things that make you happy bring you energy and strength, and enhance your resilience. What brings you joy? For me that includes friends and family, running, being by the sea, having adventures, watching confidence grow in others and sewing!

Take some time and make a free-flowing list of everything that makes you happy. Don't self censor, just let it come. Set a timer for five minutes, and just write. At the end, highlight a couple of things that you could build into your week. It could be something simple like reading on your commute, or taking to a friend on the phone. Just make sure you fit it in. Paying attention to your needs, and doing things that re-fill your reserve bucket will really help.





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### **3) Notice What's Going On For You**

Be aware of how you are feeling. Take time to notice and reflect what's going on for you. Practicing mindfulness and/or meditation can aid with that by helping us to be fully present, tapping into and observing what is happening within our bodies. Listen to what your body is telling you. If it tells you to rest, pay heed. Be aware of what can be warning signs for you in terms of heading towards low resilience so that you can know your own early warning system.

Sit with your feelings and notice what's going on for you - don't be too quick to try and dust them off and move on. Processing help us move forward in a healthy way.

### **4) Be Active**

Resilience doesn't just come from mental well-being. Looking after our physical needs helps us feel strong and resilient. Move your body daily, especially (ironically) when you are feeling sluggish and lethargic and least likely to want to! Exercise releases endorphins (the happy chemical). The 'runners high' is no myth.

The important thing is to choose something that brings you joy. If running's your bag, do that. More of a swimmer? Go! Prefer a hike? Some yoga? A bike ride? A workout? They'll all work.

Think about how you are going to build exercise into your week. You need to schedule your exercise to make sure it happens. Hold yourself accountable by setting a 'move' date with a friend. Do an online workout (Joe Wicks and Yoga with Adriene on YouTube are both great, free resources) at home when the kids are in bed (or get them involved). Get a yoga DVD. Whatever works for you. Plan it in. Quick tip from me - if I dress in my running gear, I'm more likely to get out there at some point than I do if I am in my 'work' clothes promising myself I'll make time for it at some point during the day!





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## 5) Eat Well

We all know what makes us feel good and what doesn't. Whilst wine and chocolate and crisps all fill a gap, they don't really fulfil you. When you fuel your body well, you give it the right raw material to generate the energy you need. You're not messing around with your sugar levels and you're maintaining the right balance of nutrients to give your body every chance to perform to its optimum potential.

Today, try and make good food choices. Make sure you take on board plenty of water, and maybe, just for tonight, go alcohol free. You'll find you get a better quality of sleep too.

Balance is key, but today tip the scales in favour of fuelling right and cut the crap. Meal planning can really help with this to ensure that you aren't giving into 'at the time' temptation.

## 6) Sleep Well

Your body (and, ergo, mind) won't be full of energy if it's not recharged properly. And if you don't have energy, it's hard to call on your resilience when you need it. You know how much sleep you need, but it's not likely to be much less than seven hours (more like 7-9 hours). Challenge yourself to get eight hours each night this week. Go to bed earlier if need be. And, if you're awake in the middle of the night reading this...switch it off immediately! The blue light emitted from your screen confuses your brain and inhibits melatonin (the sleepy chemical).

Also, don't 'medicate' with alcohol to help you sleep. That doesn't work either. It may help you to drift off, but it disrupts REM sleep (which helps to stimulate the brain areas involved in forming memories, restoring chemical balance in the brain, and learning); not great for your day ahead. When you don't get enough sleep it really buggers up your body. Not only does it reduce your energy levels, but it can also contribute to physical issues such as heart disease, weight gain, depression and anxiety.

So, tonight, switch off your phone an hour (at least) before bed, have a caffeine- and alcohol-free drink, and instead read or meditate ahead of bedtime.





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## 7) Let it go

She knew something, that Elsa! (Frozen fans, or parents of small people, you'll know what I'm talking about!)

Know when it is time to move on. Don't dwell on the negative and play mistakes over and over in your head. Grudges weigh you down. Going over what's already happened doesn't help. If it isn't in your sphere of control, or influence, then don't stress about it. We sometimes can't control what happens to us, but we can control how we respond to that and whether we let it define us, or whether we define it. Can you see the opportunity in a situation? How can you flip a mistake so it becomes something that provides a development, learning experience or positive change?

A growth mindset isn't about blind optimism, but about looking for the positive in all a range of situations. Top tip: start keeping a gratitude diary. They've been proven to be beneficial in building resilience and satisfaction. Three small bullet points written each evening reflecting something you're grateful about in that day - my blog and podcast all have examples of how this can help.

## 9) Create goals

Creating goals can be helpful to show us what we are achieving. It can also be helpful in ensuring that we ARE topping up our resilience bucket by reminding us to make time for what makes us happy, for what brings us a sense of meaning and purpose. Creating larger goals can help us to ensure that we are focussing on our 'true north'. By identifying what is really important to us, we can have a sense of where we need to be and help us not to sweat the small stuff. Join me for #threethingsunday on Instagram (@quiet\_the\_hive) to commit to creating goals and taking action each week.

## 10) Take Action

Taking decisive action around problems and issues has the sense of reminding us that we are in charge and control of our lives, even when times are difficult. Consider what is within your control or your sphere of influence. Passive acceptance or worrying about things is the opposite and can leave us feeling like we have no control or ability to change things. Always remember that you might not be able to control what happens to you, but you always have the ability to decide how you respond to circumstances and situations.

**And the bonus, invaluable information that you need to know?**

**It's okay to put yourself first.**

**Read this and remember it. Build in something for you today.**

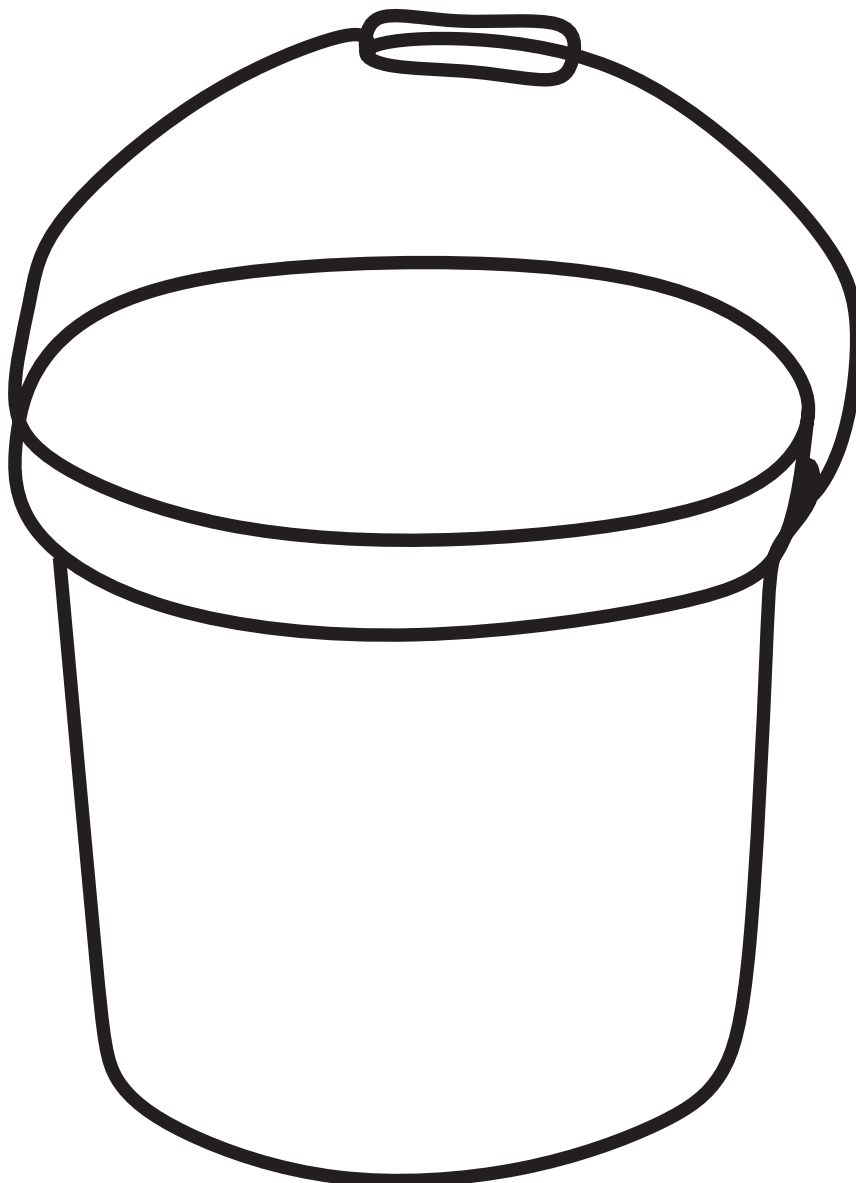




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## Your Resilience Bucket

Let your mind run free and use the space below to capture all the things that bring you joy (i.e. that fill up your resilience bucket!). They can be tiny (tea in bed) or huge (going on holiday).



**ACTION: Now go through and highlight three of these you could do this week.**

**Put them into your diary now and make them non-negotiable.**