Building Life Resilience

How to grow an unshakable core of calm, strength, and happiness.

12 COMPONENTS OF RESILIENCY

- Compassion
- Mindfulness
- Learning
- Grit
- Gratitude
- Confidence
- Calm
- Motivation
- Intimacy
- Courage
- Aspiration
- Generosity

THE C’S OF HARDINESS

Control: Recognize what you can control and what you can’t.
Challenge: Viewing life as a challenge, not a threat.
Commitment: Showing up for people and for life, commitment to values.
Courage: Bravely facing the challenges of life.
Control: Understand where you stand.

CONTROL: UNDERSTAND WHERE YOU STAND

Circle of No Control
Circle of Influence
Circle of Direct Control

TAKE YOUR PULSE

Ask yourself these questions:
What is making me feel out of control right now?
What is within my control and what is outside of my control?
What actions do I need to take to shift toward resiliency?

Intermountain Employee Assistance Program
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SELF-COMPASSION

1. **Self-Kindness vs. Self-Judgment**
   Be warm and understanding to yourself when you fail.

2. **Common Humanity vs. Isolation**
   We all fail. Be vulnerable and imperfect. Don’t be afraid to share that part of you.

3. **Mindfulness vs. Over-Identification**
   Don’t overreact to negative feelings. Take a balanced approach. Allow, don’t judge.

POSITIVITY JOURNAL

Each day, start reflecting on these questions:
1. What am I grateful for today?
2. What went well today?
3. How was I blessed today?
4. Did I witness a kindness in action?
5. What personal value did I focus on?
6. How was I able to help others today?

ENGAGEMENT AND RELATIONSHIPS

- Do something you enjoy.
- Let the present moment erase self-consciousness.
- Enthusiastically seek activities that allow for creativity and self-expression.
- Carve out time specifically for loved ones.
- Be meaningful and intentional in your relationships.
- Connect with your co-workers, boss, friends, and community.

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