
STOP & Build Resilience

DOM MELI

Two weeks ago we ran a workshop on building resilience for a national health insurer. We are being asked to do this more and more because there is a strong correlation between resilience and objective measures of performance along with subjective feelings of well-being. We were delighted to receive the following feedback:

"I thought it was brilliant, very insightful and surprising; I hadn't realised how much tension I hold in my face until we did that relaxation exercise. As for the facilitator, he was fantastic! Spoke to you rather than at you. Only if I could present like he does. I think it should be compulsory for all people leaders to attend. Overall I thought it was absolutely great."

Research tells us that it is critical to be mindful of your feelings, actions & reactions; to take moments during the day and check-in with yourself by asking, "How am I feeling and how am I behaving?" People who do this have greater resilience and weather challenges more effectively.

Here is an especially useful, ultra-brief, and very simple mindfulness practice, that you can easily incorporate into your busy routine, no matter how pressed for time you are. It is called the mindful **S.T.O.P.** and my thanks to Dr Russ Harris who first introduced me to this technique. Here's how it goes:

S – Slow down (slow down your breathing; or firmly press your feet into the floor; or slowly stretch your arms out wide; or press your fingertips together; or do all of these)

T - Take note (notice what you are thinking and what you are feeling – articulate what is happening for you at the present moment and what is dominating your attention)

O - Open up (be honest with yourself and note how you have been behaving – rude, dismissive, comfort eating, intolerant, procrastinating, sullen, withdrawn and so on. It is important that you recognise your behaviour in response to your thoughts and feelings)

P – Prioritise & Pursue values (what do you want to do next? Make sure the next thing you do is aligned with your values and commit to behaviour that makes your situation better. Each time I do this I find myself apologising to someone!)

We can all practice this during the day - people that do find that it works wonders.



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