

# Emotional Resilience

Name your biggest stressor:

## 3 Step Process to Enhancing Your Emotional Resilience:

1. **Get enough quality sleep (7 to 9 hours a night).** Sleep acts as emotional first aid. It takes the sharp edges off the emotions you experience during the day.

"Sleep is an investment in the energy you need to be effective tomorrow."

- TOM RATH



## 2. Pause before reacting.

### Pausing:

- Provides space between the feeling and the reaction.
- Helps us use our evolved brain (prefrontal cortex) instead of our emotional brain
- Lets us respond instead of reacting which makes responding a conscious choice
- Focuses your energy on solving problems instead of reacting to them

### Keep in mind:

- The pause can be a minute, a few hours or a few weeks.
- Notice what's coming up for you as you are thinking about your challenge. Are you noticing your shoulders tense? Does your heartbeat quicken? *Whatever is going on, observe it without judgment and write it here.*

**3. Label your emotions.** This practice puts our prefrontal cortex (the thinking part of the brain) to work. When we label our emotions accurately, the readiness potential in our brain is activated, allowing us to take concrete steps.



Using the Feeling Wheel below, identify and label at least one emotion you are experiencing with your challenge. Start on the inside of the wheel and work your way to the outermost ring.

