

**“Building Your Resilience in the Face of Uncertainty ”**



**‘ACCESS YOUR POWER  
TO WIN YOUR DAY’**

Coach & Advocate : Mental Wellbeing & Physical Fitness



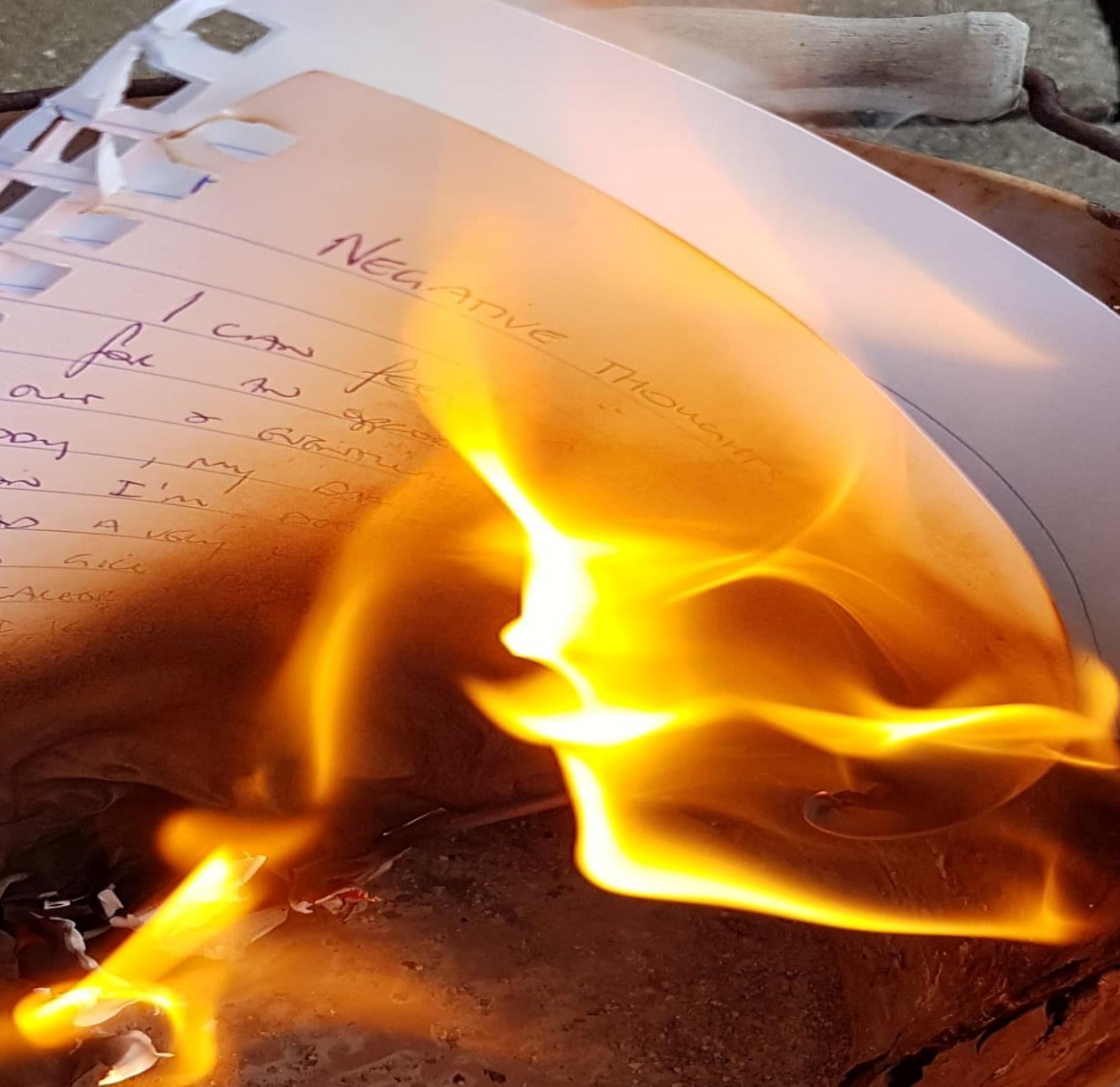
# A little about me...





NEGATIVE THOUGHTS

I can feel  
for no reason  
our body & emotions  
I'm  
WATCHING A VIDEO  
you are nice  
I had a CALLED  
CLUB & I  
THAT  
ID  
BOST







A little about me..

# Have you ever experienced any of the following or something similar?

Have you ever:	
had your heart broken	had a miscarriage
lost someone close	had an abortion
ever struggled through a divorce or break up	struggled with through infertility
been the victim of infidelity	or anyone you love had to cope with mental illness
lived through a natural disaster	or anyone you love had to cope with dementia
been bullied	or anyone you love had to cope with some form of physical impairment
been made redundant	or anyone you love had to cope with suicide





**Adversity doesn't  
discriminate.**

If you are alive,  
you are going to have to  
or  
you've already had to  
deal with some tough  
times.

**ACCEPT IT!**

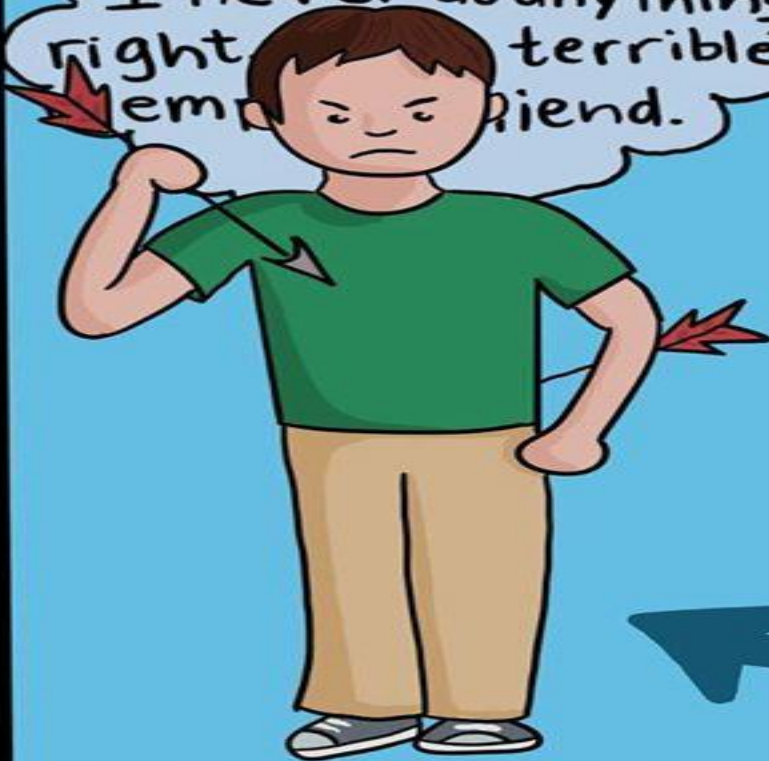
By changing what you can  
&  
letting go of what you can't change

Buddhism posits that pain is an inevitable part of life. This is called the **first arrow**, and we cannot control it.



My work project is late. I have to work on it all weekend.

I'm so stupid. I never do anything right. I'm a terrible employee.



Our reaction to the pain & suffering of life is called the **second arrow** & we can control it.

The second arrow comes with the possibility of choice!



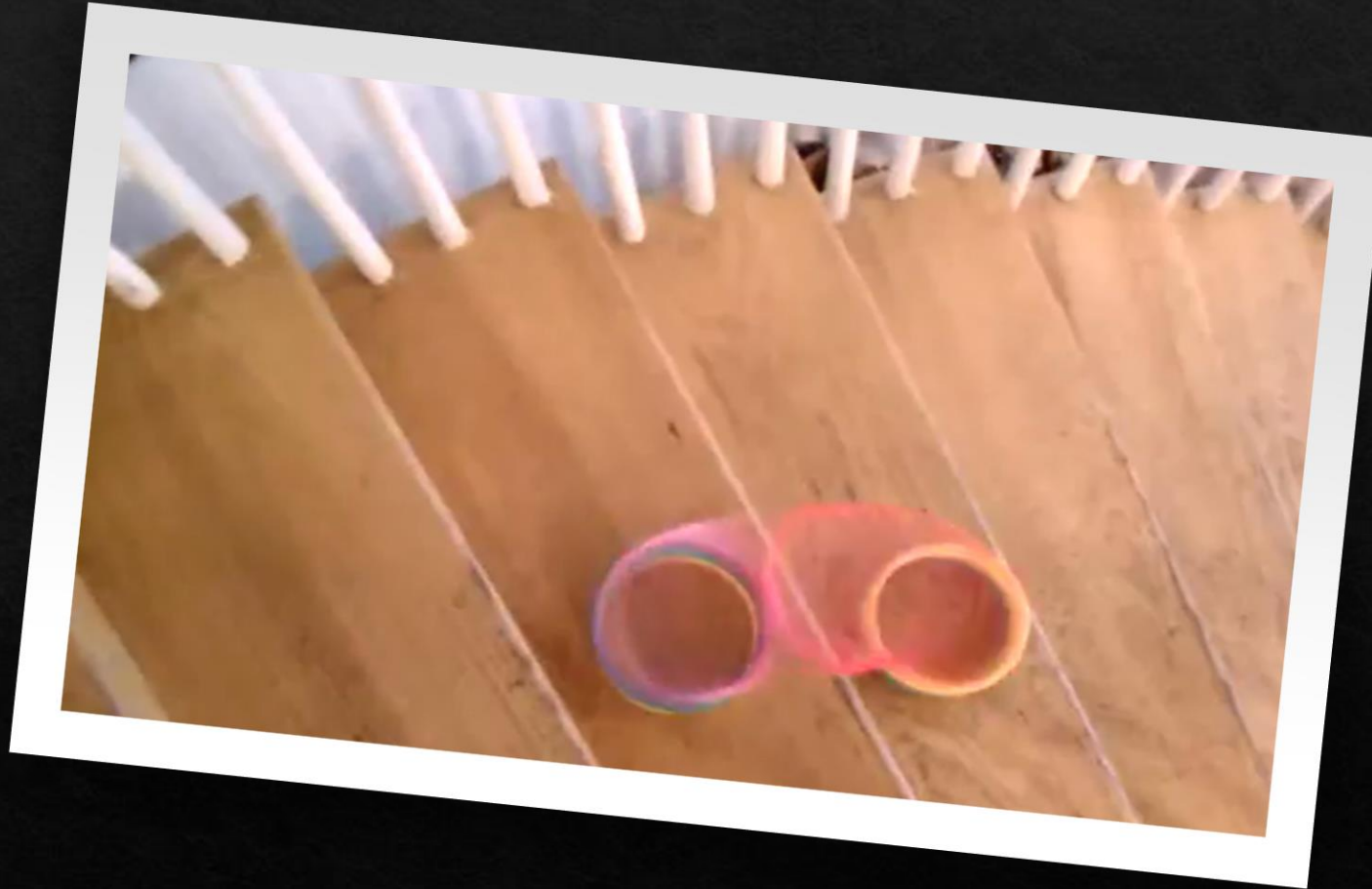
# What is being RESILIENT?

You are **NOTICING** thoughts

You are **UNHOOKING** from unconstructive ones

You are **REBALANCING** quickly

You are staying **COOL & CALM**



You are **ADAPTING** to misfortune or change

You keep **LEARNING**

You are **STRONGER** than before the conflict

You keep moving **FORWARD**

It is a **CONTINUOUS** process



# How Resilient are you?

For each question, score yourself between 1 and 5, where 1 = strongly disagree and 5 = strongly agree.

Resilience Questionnaire		Score
1.	In a difficult spot, I focus at once to what can be done to put things right.	
2.	I influence where I can, rather than worrying about what I can't influence.	
3.	I don't take criticism personally.	
4.	I generally manage to keep things in perspective.	
5.	I am calm in a crisis.	
6.	I'm good at finding solutions to problems.	
7.	I would describe myself as an anxious person.	
8.	I don't tend to avoid conflict.	
9.	I try to control events rather than being the victim of circumstances.	
10.	I trust my intuition.	
11.	I manage my stress levels well.	
12.	I feel confident and secure in my position.	
TOTAL		

# Your Score

0 - 37	38 - 43	44 - 48	49 - 60
A <b>developing</b> level of resilience. Your score indicates that you would in benefit significantly from developing aspects of your behaviour.	An <b>established</b> level of resilience. Your score indicates that you may have tough days when you can't quite make things go your way, but you rarely feel ready to give up.	A <b>strong</b> level of resilience. Your above average score indicates that you are pretty good at rolling with the punches and have turned setbacks into opportunities	An <b>exceptional</b> level of resilience. Your score indicates that you are very resilient most of the time and rarely fail to bounce back stronger.

Are you surprised by your score?



# How to Build Resilience?

Self - talk	Attention	Self - care	Continuous Process
STOP asking why (me) ?	What can I CHANGE?	Take RESPONSIBILITY	Do NOT STOP!
STOP asking when?	ACCEPT things you can't change!	LISTEN to your body! (self-aware)	MOTIVATION - INSPIRATION - ACTION ACTION - INSPIRATION - MOTIVATION
START asking why not me?	Change your REACTION to things you can't control!	STOP! Just STOP! Then start.	MAINTENANCE. Not just managing but preventing.
TIME to sink or swim!	DISTRACTIONS - alarms, time, kids	THEY are not you & YOU are not them!	Be CONSISTENT
ACCEPT my reality!	Remember where your FOCUS goes, your energy flows	MIND GAMES with your mind!	Move FORWARD
I have CHOICES!		What works for YOU!	PAT yourself on the back!
No one else is RESPONSIBLE for your wellbeing!		TRIAL and ERROR!	You are WORTH it!
		Sleep, exercise, eating habits, meditation, fun, breaks, 'me time'	NEVER GIVE UP!

# Moving from Setback to COMEBACK



Pre 2014	2014 – 2016	2016 – 2017	2017 – 2018	2018 – never-ending
<p>Depression 3 days in bed minimum.</p> <p>Insomnia 45 minutes sleep maximum.</p> <p>Anxiety Triggered by lack of sleep and/or depressive bout.</p> <p>Suicidal thoughts. Fear of always being like this. No other way.</p> <p>Disconnected. From family &amp; Friends</p> <p>Masked. Hid it for over 21 years.</p> <p>Death of friend 2013 Jealousy</p>	<p>Opening up April 2014</p> <p>Seek Help April 2014 – July 2014</p> <p>Depression 3 days in bed minimum.</p> <p>Insomnia 45 minutes sleep maximum.</p> <p>Anxiety Triggered by lack of sleep and/or depressive bout.</p> <p>Suicidal thoughts. Fear of always being like this. No other way.</p> <p>Disconnected. From family &amp; Friends</p> <p>Partially masked. Hid it for over 21 years.</p>	<p>'AHA' moment – epiphany I need to access my power!</p> <p>Start with baby steps</p> <p>Productivity Do 3 things each day. e.g. empty dishwasher, hang out clothes, call one person.</p> <p>Exercise Day 1 – put on exercise gear Day 2 – Put on gear &amp; runners Day 3 – Put on gear &amp; runners &amp; walk outside in fresh air Day 4 – Go for a run</p> <p>Time management Day broken up into 15 min slots Break in between</p> <p>Depression Anxiety Suicidal thoughts</p>	<p>Taking Action BUT....</p> <p>Meditation Mindfulness Transcendental Meditation</p> <p>Improv comedy / acting Fun &amp; Passion</p> <p>Mental Health Ambassador</p> <p>Reconnecting Family, friends, travel</p> <p>Exercise Hit &amp; miss</p> <p>.....BUT stuck in my comfort zone</p>	<p>Taking Action</p> <p>Purpose Vision Board</p> <p>Business Passion</p> <p>Writing Book, scripts</p> <p>Resilient Learning every day</p> <p>Exercise Mountain running /ultra marathons</p> <p>Bookend my days</p> <p>Fun Me time</p> <p>To be continued...</p>

15 - 36	36 - 38	38 - 39	39 - 40	40 +
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For the next 2 weeks:

# MY CHALLENGE TO YOU

1. Make your bed each morning (be present)
2. Don't press snooze on your alarm (be present)
3. Every day write 3 pages of thoughts and burn
4. For 3 days a week write down 3 things you are grateful for and why.
5. For 3 days a week meditate for at least 8 minutes
6. For 2 days a week – get up at 5am

How do I know I have progressed?



James – 27<sup>th</sup> September 2013



Noel – 15<sup>th</sup> June 2019



What is your one struggle or challenge or question  
around resilience?



"IF YOU CHANGE NOTHING, NOTHING CHANGES"





**Remember:**

**NOBODY** else is responsible for your life.

**PAIN** is an opportunity to build greater resilience

Thanks for allowing me to give my trauma a purpose. I'm here to help you 'do something' & develop your resilience.

**THINGS** happen for a reason

**Do something**

**Any questions, give me a shout:**

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**Or search Neil Kelders**

