

The Resilience Advantage Cheat Sheet

SIDE 1



The **Resilience Advantage**™
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What keeps you balanced?

- _____
- _____
- _____
- _____
- _____

What throws off your balance?

- _____
- _____
- _____

How good are you at keeping your balance?

Very
 Kind of
 Could Be Better
 Not Very

Our natural ability to do well and to keep going is called **resilience**.
Resilience is all about how we confront challenges at work and home and overcome them.

Event	Stress Management	vs.	Stress Resilience
What is stress?	Avoid at all costs		You grow with events that are difficult
How to deal with stress?	Cope as best you can and then collapse		Prepare, Navigate, & Recover
How do you recognize stress?	Physical symptoms alert you that you are stressed		You know stressful events are coming & you build hardiness
What are the team & organizational strategies?	No way to deal with it in the workplace		Support, communicate, build engagement, work as team.

Ten Tools of Resilience

<p>Build Body Wisdom</p> <ul style="list-style-type: none"> • The body is primary • Five kinds of fitness • The use of the body • Mind-Body Connection <p>Manage Energy</p> <ul style="list-style-type: none"> • Reliability • Automation • Efficiency • Sustainability <p>Build a Resilient Mindset</p> <ul style="list-style-type: none"> • Nurture a positive view of the world • Get connected 	<p>Notes:</p>
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Work/Life Balance Remedies

Work/Life Remedies: Build Hardiness



- Do all 5 fitness activities
- Rest is part of the journey
- Fuel yourself efficiently
- Watch what you say to yourself

Work/Life Remedies: Prioritization



- Verify that you know the mission critical properties
- Secure & establish a flexible schedule to meet obligations
- Avoid the “Activity Trap”: Focus on Results
- Control what you can control

Work/Life Remedies: Manage Distractions



- Evaluate & change your email strategy
- Delegate effectively
- Practice saying “No”
- Manage technology

Work/Life Remedies: Use your Peer & Social Network



- Find people who compliment your skills
- Plan how you use your team at “crunch time”
- Ask for help
- Celebrate success!

Improving your work/life balance:

Can you improve on your work/life balance?

Yes No

What do you think you could do to feel more balanced?
Choose from the list of Remedies and add what you can do.

Remedy 1: _____

What I can do: _____

Remedy 2: _____

What I can do: _____

Remedy 3: _____

What I can do: _____

Notes: