



QUICK GUIDE:

Tips for Rising Up With Resilience When Life Knocks You Down



FOR ME:

1. Pause, breathe, notice and name how you're feeling, and then choose a response
2. Use the 4-7-8* breathing practice or Voo breathing when you find yourself feeling stressed
3. Look for growth amidst adversity and ask yourself, "What am I learning about myself or others in the midst of this challenge?"
4. Track at least one bright spot each day, something that elevated your mood, uplifted or inspired you



FOR MY TEAM:

1. Start each team meeting with the 4-7-8* breathing practice to center and ground yourselves
2. At least once a month, ask your team members to share their response to prompts like this: "What's working better than anything else in terms of adapting to change? Staying focused? Taking care of yourself?"
3. At the start and end of each team meeting ask someone to share a bright spot or point of progress from the previous week related to a professional or personal experience.



FOR MY ORGANIZATION:

1. Practice 4-7-8* breathing at the front end of a company-wide event—whether in person or virtually—to bring your whole brain online.
2. Make sure leaders are trained to check IN on their people regularly and ask, "How can I best support you right now?"
3. Bring interactive virtual learning experiences to your organization that foster connection and engagement among your team members and skill-build around resilience and mindset.