

Reflecting and Refocusing for Routine Resilience

HANDOUT TIPS

- This handout is meant to help you combat chronic stress by retaking control of your attention.
- Before using the handout, make sure you are in a relatively calm and regulated state.
- If you feel discomfort, take time to engage in mindful breathing or activities that soothe your senses like drinking hot tea, listening to calming music, or lighting a candle.
- Be creative! Feel free to create other reflections or action steps that work for you.

REFLECTIONS

- Am I only focusing on what I haven't done?
- Does my language exclude any references to past progress, or does it devalue the impact of past successes?

- Am I describing a temporary setback as a permanent defeat?
- Am I missing new paths that the setback has opened up?

- Has my attention been pulled away from addressing aspects of the situation that are in my control?
- Am I confusing partial or limited control with no control?

- Am I dwelling on things that I just can't know the answer to right now?
- Am I jumping to conclusions rather than allowing for uncertainty?

- Is stress pulling me away from connecting with others?
- Am I trying to push through alone when I really want to connect?

- Is dwelling on the past or future blocking success in the present?
- What positive thoughts, feelings, or experiences are happening right now that I am not noticing?

ACTION STEPS

Recall Past Success and Purpose

Write about how past progress and pursuing your goal in general has enriched your life or others' lives. Notice how you feel when shifting your focus back to past success and what inspired you to set this goal.

Refocus on Small Next Steps

Identify three possible ways to move forward from the setback. If that is too overwhelming, just identify one. Acknowledge your success for having moved forward.

Refocus on Solvable Problems

List the stressors in your life that you can address or control in this moment versus those that you can't. Physically set aside or throw away the part of the list that you can't control. Break down complex problems into smaller, more manageable parts.

Make Space for Uncertainty

Separate the information that you can find out in this moment from what you can't. Move forward once you have enough information to make an informed decision, embracing that you can never have all of the information.

Connect with Others

Take time to connect with the people you value and ask for support from those you trust. Voice your support in return.

Connect to the Present

Redirect your attention to your environment. Name five things you can see, focus all of your attention on noticing your breath, or briefly do a mentally engaging and pleasurable activity.