



The Resiliency Project – Session 7

Resilience...



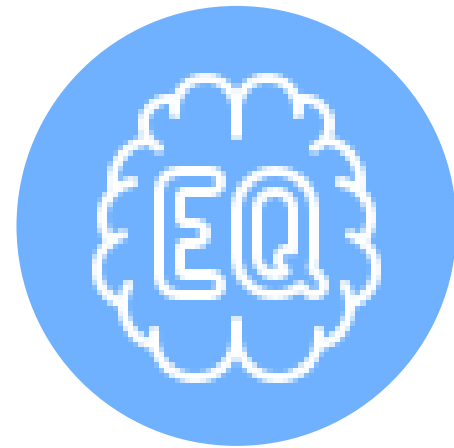
- Bounce back
- Adapt
- Thrive

Best Care EAP

The Resiliency Project



Cultivate a Growth Mindset



Build Emotional Intelligence



Maintain a Positive Outlook



Practice Self-Care



Develop Strong Social Connections



Practice Mindfulness & Self-Reflection



Foster a Sense of Purpose



Set Realistic Goals



Foster Problem-Solving Skills



Embrace Adaptability



Develop Time Management Skills



Seek Help & Utilize Resources

Today...

- Clarify “Sense of Purpose”



- Reveal How It Fosters Resiliency

- Discover/Leverage Yours



- Preview Our Next Session

- How Best Care EAP Can Help



Let's Review!



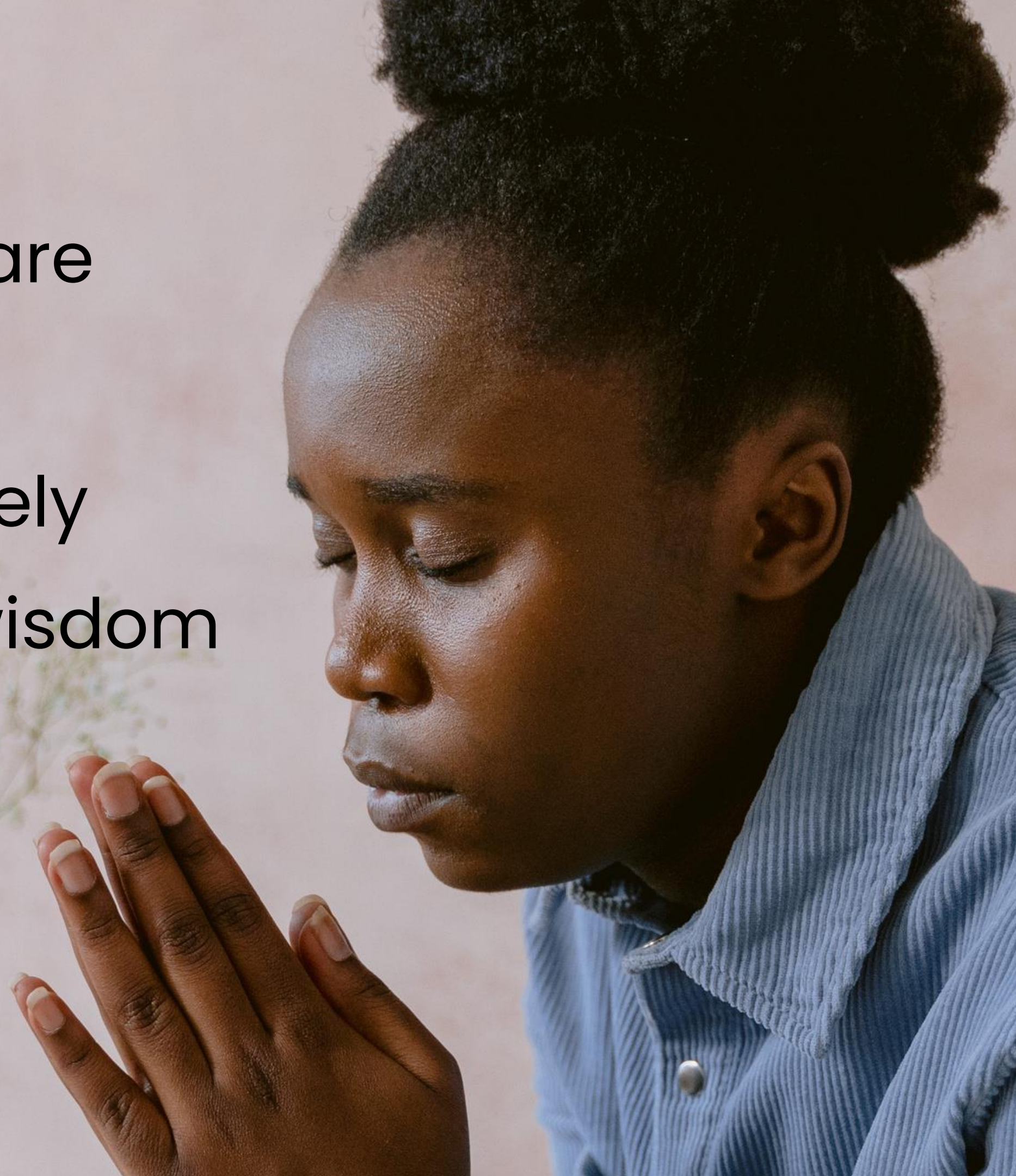
Mindfulness & Self-Reflection

A black and white photograph of a man with a beard, looking down with his hand to his forehead in a contemplative pose. The man is bald and has a full beard. He is wearing a dark t-shirt. The background is dark and out of focus.

“Paying attention in a particular way, on purpose, in the present moment, and non-judgmentally.”

Hones Resilience

- Accept things as they are
- Short-circuits stress
- Respond more effectively
- Deepens experience/wisdom



Mindfulness Techniques

- Mindfulness “breaks”
- Meditation
- Getting in touch with your senses
- Emotion/urge surfing
- Avoiding multitasking
- Turning off the devices



So, What Did Your Do?



A Sense of Purpose



A Sense of Purpose

“The heartfelt conviction that your life has meaning, direction, and significance beyond the day-to-day.”



Hones Resilience

- Faster trauma recovery
- Buffers stress
- Motivates growth
- Enhances Coping
- Leads to better health
- Builds good habits



Discover and Leverage Your Purpose

- Engage in self-reflection
- Set meaningful goals
- Seek new experiences
- Leverage your strengths
- Cultivate relationships
- Practice mindfulness
- Contribute to something greater than yourself

Additional Resources



Additional Resources

The Purpose Driven Life by Warren

It's Not About You by Rath

Essentialism by McKeown



Q&A



Homework



Your Assignment...

- Pick a technique
- Practice it for 30 days
- Report back in August





Coming in August

Setting Realistic Goals





Best Care EAP Can Help!

Best Care EAP Can Help!



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