**Resiliency Toolbox**

Three Prongs to Resiliency Training:

1. Mindfulness

2. Stress awareness

3. Adaptive strategy

Mindfulness:

1. ***Mini-Meditations*** 
   1. Methods:
      1. Count down from 10
      2. Physical focus – meditation while stretching, walking, exercising, self-  massaging
      3. Imagery – imagine yourself in a place you find relaxing; bicycle wheel
      4. Mindfulness – pay attention to sounds around you
   2. These can be done when one has a moment of patient-free time, particularly prior to an anticipated stressful event, for example, while:
      1. Washing your hands
      2. Printing papers
      3. On hold on the phone
      4. In traffic
      5. In the elevator
      6. Standing in line
      7. On public transportation
2. ***Mindful eating*** 
   1. Eat slowly
   2. Concentrate on taste, texture
   3. Think about where this food came from originally
3. ***Body Scan***
   1. Full meditation with concentration on body from head to toe

Stress Awareness

1. ***The battery*** 
   1. Draw a 2 column chart – what drains your battery and what charges it
   2. See how this changes over time
   3. Think about this throughout the day – e.g. this patient’s anger drained by  battery but this patient’s appreciation charged it
2. ***Negative automatic thoughts*** 
   1. Be aware of and fight off thought distortions, such as: “it’s my fault,” “I’m a fraud”
   2. It’s easy to perceive situations as negative in hospital atmosphere
3. ***Humor***
   1. Coping mechanisms
   2. Catharsis through jokes and ER community

Adaptive Strategies

1. ***Appreciation journal*** 
   1. Each night, write down 3 things you are thankful for OR three things you did well today
   2. See how these change over time
   3. Important to go to sleep on positive note
   4. Can do this with your partner!
2. ***Letter to yourself***
   1. Write out your goals and milestones you’d like to hit
   2. Why are these your goals?
3. ***Word play***
   1. Words which may be perceived as negative – consider how you can shift them toward positive meaning
   2. E.g surrender, intolerance, discrimination
4. ***Storytelling*** 
   1. Listener does not comment or give advice
   2. After story, both teller and listener write down what the teller experienced and how they felt about the story