

HI EVERYONE,

Resilience is first and foremost about accepting your new reality and in 2020 this statement couldn't ring truer. We've seen more than ever how vital this skill is in our lives and that everything can change in the blink of an eye. Too many people give up and quit before they give themselves a real chance at something. We often stop because it isn't happening as fast as we want it to or working out how we planned. But, you don't know when you are minutes away from making a breakthrough. This is why it is so important to keep going and keep trying. Good things take time and your time will come too. So, how do we go about learning to be more resilient and instilling this in our children as well?



BUILDING RESILIENCE

Building resilience will help you to learn positive coping strategies in life. These are some of the things that can help you to build resilience within yourself.

ACCEPTANCE - accept the reality of the situation you are in and become aware that you are unable to change it. Once you have done this, you can start working on how to make it better and feel more positive about it.

HUMOUR - this is a great tool we can all use a bit more of. It helps to boost our moods. Laughter really helps to offset the effects of stress.

PLANNING - develop achievable and measurable goals that will help to keep you on track. Build a solid action plan around your goals that will help you get to where you want to be.

POSITIVE REFRAMING - this helps you to take control of how you respond to a situation and re-frame it into an experience that can help you grow.

SELF-REFLECT - think back on your reactions to certain situations, how you behaved and what you were thinking. Reflect on what you have learnt from the situation and how you can change your actions in future, similar situations.

Even when we can't control the situation around us, we always can choose where we're directing our attention.

- Liz Stanley.

HOW CAN I WORK ON MY RESILIENCE IN MY WORK LIFE?



Hello, my name is Levi and I manage my stress by going for walks with Anky.

RAISING RESILIENT KIDS

Raising resilient kids is part of my work at Cohesive Coaching and is a topic I am very passionate about as a parent. We can provide tools to our children that they will carry with them through life and be in a much better position to handle whatever the world throws at them.

If you start to work on raising resilient kids, what outcomes can you expect? You will notice that they are less anxious as they don't constantly worry about the challenges in their future because they know they have the skills to work through it. They will have higher self-confidence. They know they can work through hard situations and are even ok with asking for help from others. One of the most important things is that they know that hard work will eventually result in a reward.

Many of us are back at work in the office and this is an important area of life where you can work on your resilience. There are five simple ways to boost your resilience at work.

Maintain Your Perspective - learn from your setbacks, focus your attention on solutions and work on managing your negative thoughts.

Manage Your Stress - in lockdown you might have felt you had a better work-life balance, keep working on this and find time to relax.

Work With Your Colleagues - ask them for feedback, advice and help them wherever you can as well. A team effort will also help you to manage your stress.

Stay Healthy - Pack yourself a nutritious lunch to take with you to the office to keep you nourished throughout the day. Make time for physical activities too, maybe even walk or ride to work?

Build Networks - Discover if your work provides social support groups that you can get involved in or one outside of work.

Enrol in my Raising Resilient & Confident Kids course here for just \$320 until the end of August. Save 50% and give yourself the tools you need as a parent to solidify your child's future happiness.

The Resilience Mantras



If you want to work on becoming more resilient, start today with these mantra. Take some time out of your day, focus on your intentions and improve your resilience.

Every day in every way, life is getting better and better

I am capable and very good at finding solutions

If you've enjoyed this newsletter and would like my help to become more resilient, then please get in touch! Through my years of helping 1000's of clients deal with changes and challenges, I thoroughly understand the most powerful techniques to catapult clients onto the road to success with a positive mindset. I'd love to work with you. Please **book a no obligation 15 minute call** to find out how I can help you.

WISHING YOU A FABULOUS AND POSITIVE MONTH

Anky 