

scarlettabbott.

Reflection and resilience.

Exercises to help focus your mind



Reflection and resilience.

Burned out? Unmotivated? Looking for a change and don't know where to start? We hear you. We've developed this quick resource to help focus your mind when you need a reset.

CREATE THE RIGHT HEADSPACE

One of the easiest ways to reflect is also a tried-and-true form of exercise: a walk. Being in nature eases stress, lowers blood pressure, reduces anxiety and improves your mood. It's also a chance to let the mind wander. When the mind wanders, it creates the space to reflect.

REMEMBERING YOUR WINS

Resilience is the ability to appropriately recognise adversity and then access existing protective factors.

Think about a prior challenging situation.

What made it challenging?

When we recall past times that we rose to the occasion, it can serve as a reminder that we're more capable than we sometimes give ourselves credit for.

What did you do to overcome it?

GROWTH IS ABOUT FORWARD MOMENTUM

It's difficult to move forward with deliberation and focus without an idea of what we're moving towards. Sometimes we struggle to define goals. That's when reflecting in a new way can help.

Ask yourself:

Would I be okay doing exactly what I'm doing now in three years' time?

QUESTIONS TO ASK ANYTIME YOU NEED A RESET

1 If you were to go back in time to _____ (insert date), what advice would you give yourself?




2 What do I want to be known for being great at?

3 Look ahead to _____ (insert date), what do you want to give yourself a pat on the back for?

We hope these exercises help give you a way to reflect and refocus. It's important to remember that, while not everything can ever go to plan, the lessons we learn along the way are the building blocks of resilience, if we can take the time to explore our responses to them.

Contact us.

Want to learn more about resilience,
and how to embed it within your team?
Drop us a line at hello@scarlettabbott.co.uk

Online. hello@scarlettabbott.co.uk
scarlettabbott.co.uk
[@scarlettabbott](https://www.instagram.com/scarlettabbott)   

scarlettabbott.
creating better worlds of work