

Some exercises to help cope with change

# **BOOST YOUR RESILIENCE**

## LET'S START WITH A TEST!! (YIKES!)

### How resilient are you?

This is an abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ). For each question, score yourself between 1 and 5, where 1 = strongly disagree and 5 = strongly agree. Be honest: understanding the specific areas in which you lack resilience will enable you to focus on how to increase your resilience.

Resilience Questionnaire	Score
1. In a difficult spot, I turn at once to what can be done to put things right.	
2. I influence where I can, rather than worrying about what I can't influence.	
3. I don't take criticism personally.	
4. I generally manage to keep things in perspective.	
5. I am calm in a crisis.	
6. I'm good at finding solutions to problems.	
7. I wouldn't describe myself as an anxious person.	
8. I don't tend to avoid conflict.	
9. I try to control events rather than being a victim of circumstances.	
10. I trust my intuition.	
11. I manage my stress levels well.	
12. I feel confident and secure in my position.	
TOTAL	

0-37	38-43	44-48	49-60
A <b>developing</b> level of resilience. Your score indicates that, although you may not always feel at the mercy of events, you would benefit from developing aspects of your behaviour and responding to situations.	An <b>established</b> level of resilience. Your score indicates that you may occasionally have tough days when you can't quite make things go your way, but you rarely feel ready to give up.	A <b>strong</b> level of resilience. Your above-average score indicates that you are pretty good at rolling with the punches and you have an impressive track record of turning setbacks into opportunities	An <b>exceptional</b> level of resilience. Your score indicates that you are very resilient most of the time and rarely fail to bounce back – whatever life throws at you. You believe in making your own luck.

How did you go? Any areas to work on? Any surprises?

When situations in life are out of our control, it's easy to fall into the struggle cycle. When this happens, it can lead to feelings of helplessness, self-doubt, fear and anxiety. It's exhausting and takes its toll on us mentally, physically and emotionally.

But consider this – how we respond to challenges can make a **huge** difference in how we experience them.

The following info can help to strengthen a sense of resilience in the face of change and reduce the struggle cycle.

**Resilience: the ability to 'bounce back'. It's the capacity to recover from challenges, the ability to adapt to change and adversities, and cope with the stress of every day living.**

**Resilience is a skill and it can be learnt!**

#### **THE ABCD's OF RESILIENCE**

Check-in with the following next time you're struggling to cope with change or finding a situation difficult.

##### **ANYTHING YOU CAN DO?**

Check out the decision worry tree to help you decide whether to worry about it or not.

##### **BELIEFS?**

What are your beliefs and thoughts about this difficulty?

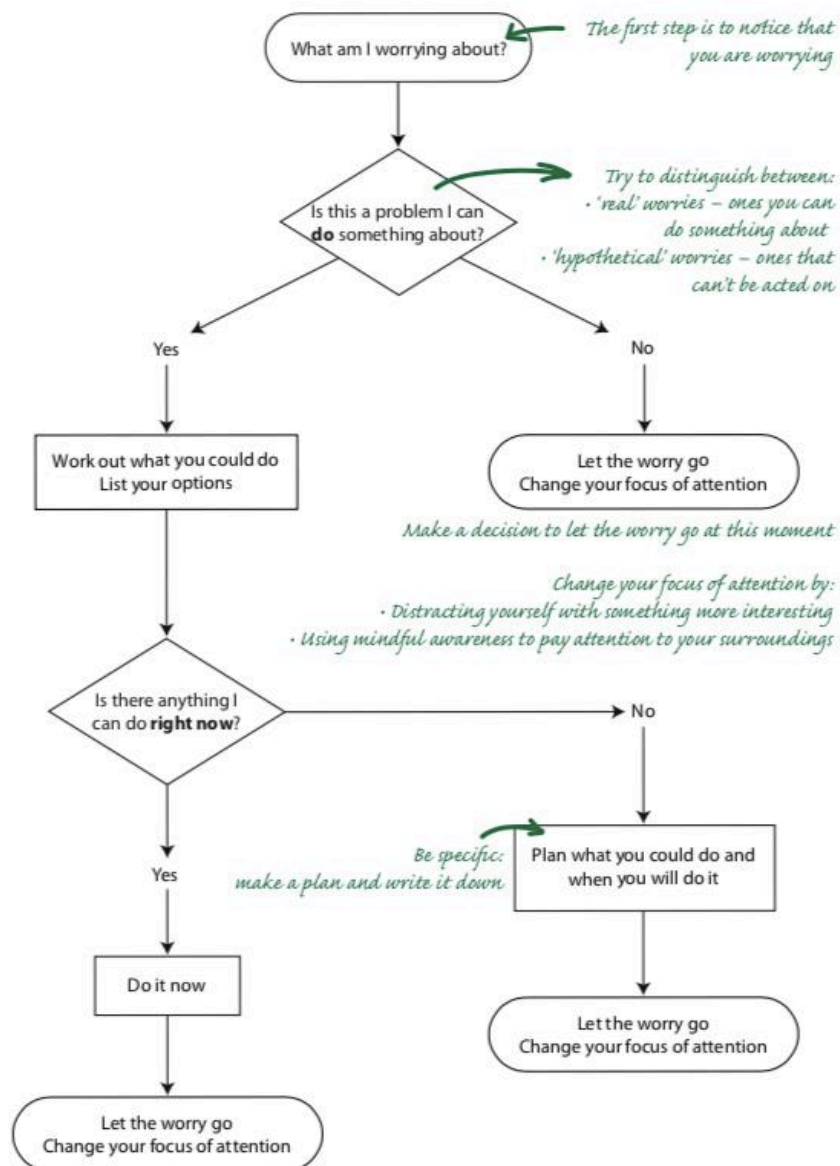
##### **CONSEQUENCES**

What do you believe are the consequences of this challenge? Is it really accurate? How bad is it really on a catastrophe chart?

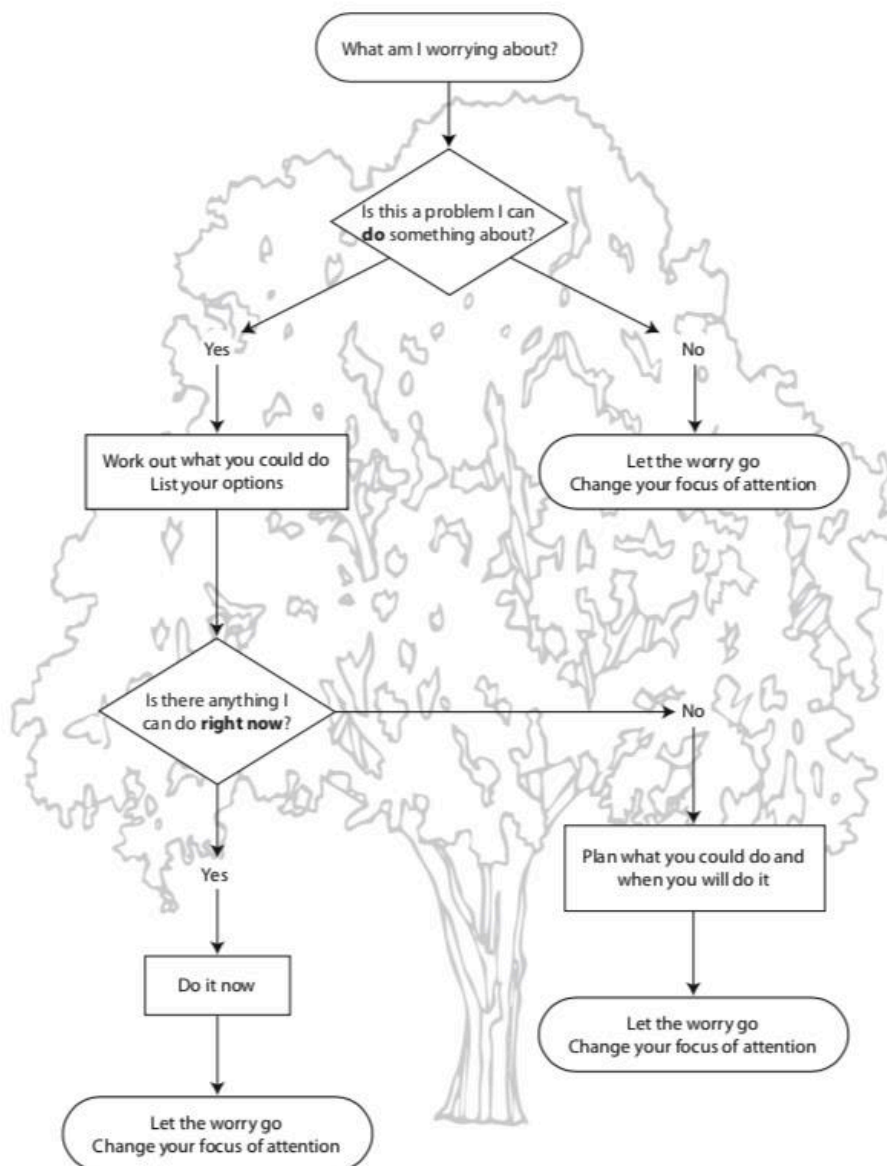
##### **DECISION TIME!**

What are you going to do? Make a decision. If it's not right – then make another one later.

## Worry Decision Tree



## Worry Decision Tree



**Beliefs: the stuff your mind tells you. They make a big difference to how you experience a situation.**

**Beliefs are not set in concrete. They can be re-assessed. Here are some commonly held unhelpful thinking styles. Recognise any? Be honest!**

### **BLACK AND WHITE THINKING**

Also known as 'all or nothing' thinking. For example;  
*"Nothing I ever do works out!" and, "I always fail!"*

### **MENTAL FILTER**

Only paying attention to certain types of evidence, such as only noticing failures and not seeing the successes.

### **JUMPING TO CONCLUSIONS**

There are two key types of jumping to conclusions; Mind Reading (thinking you know what other people are thinking) and Fortune Telling (thinking you know what's going to happen in the future).

### **CATASTROPHISING**

Jumping to the worst possible conclusion. Making things worse than they actually are. *Oh no – they're restructuring my workplace. We're going bankrupt!*

### **OVER-GENERALISING**

Seeing a pattern based on a single event.

### **PERSONALISING**

Taking too much or too little responsibility for something. *"This is all my fault."* or *"It's all the boss's fault!"*

**Keep these simple tips in mind next time you feel you're struggling with change.**

**They can help you to cope with challenges and help you be less reactive, feel calmer and see the situation a little more objectively.**

**Go get 'em!**

**ProMind Psychology Team**