

‘Checking In with Me’: How well am I looking after my emotional resilience?

Use this table as an audit form and highlight your responses to these questions.

- Which of these am I doing well?
- Which areas do I need to explicitly plan to do more regularly?

Ways to enhance our resilience			
Quality	What does this look like?	How does this help?	How to enhance this skill?
Develop your Emotional Literacy	<ul style="list-style-type: none"> • We explicitly attend to, monitor & regulate our feelings & others • We are aware and reflect on the impact that our emotions have on our decision making & others 	<ul style="list-style-type: none"> • We are able to emotionally regulate ourselves • We allow ourselves time to accurately process thoughts and emotions • We are more able to access our WISE mind for decision making 	<ul style="list-style-type: none"> • Try journaling with specific focus on emotions • Use mindfulness practices including breathing and meditation • Regularly use the social discipline window to reflect on your decisions & seek to use the purposeful pause to allow WISE mind decision making
Prioritise self-care & self-compassion	<ul style="list-style-type: none"> • We practice self-kindness • We own that have strengths • We own that we are vulnerable • We can make mistakes and this is normal 	<ul style="list-style-type: none"> • We are supporting ourselves to cope • We reduce the risk of burnout • We are more satisfied • We are mentally and physically healthier 	<ul style="list-style-type: none"> • Actively engage with the repair aspect of working restoratively • Develop a team culture of permission and support to attend to self-care and self-compassion • Be mindful of self-talk
Develop your flexible coping	<ul style="list-style-type: none"> • We have a range of coping strategies which we mindfully select to appropriately support problem solving • We recognise the importance of using a ‘purposeful pause’ 	<ul style="list-style-type: none"> • We are adaptable and flexible. • We use emotional focused solving to change negative feelings. (strategy) • We use problem focused coping to change the problem at source. (intervention) 	<ul style="list-style-type: none"> • Awareness of language being used- positive, optimistic reframing can influence your thinking. ‘Relax. I’m in control. What skills do I have to handle this station? What has helped in the past?’ • Keep connected and use social support to share concerns and mistakes • Create prompts to remind use of ‘purposeful pause’.
Actively practice reflection	<ul style="list-style-type: none"> • We reflect on actions, decision making and emotional reactions to practice • We communicate our reflections to others and adjust practice accordingly 	<ul style="list-style-type: none"> • We are protected by our reflective practice, allowing better connection with our thoughts, feelings and behaviours. • We feel more emotionally resilient. • We experience better mental health. 	<ul style="list-style-type: none"> • Celebrate success. When did you last feel your best self at work? What skills did you demonstrate and how could you use these skills to overcome future challenges? • Explicitly connect to ‘what am I learning here?’ during times of discomfort and disconnect from values.
Work-life balance	<ul style="list-style-type: none"> • We set clear boundaries between work and personal life. • We ensure we create opportunities to recover from work demands both mentally and physically. 	<ul style="list-style-type: none"> • We know how to switch off from work • We allow ourselves space and time to live well rounded life experience • We protect our mental & physical health and enhance our job performance. 	<ul style="list-style-type: none"> • Permission given for healthy work/life balance • Identify an end of the day activity that marks the end of the working day such as making a cup of tea. Use the time to boil the kettle and brew the tea as a buffer, where you make tomorrows ‘to do’ list then seek to let go of the day as you drink your tea. • Be mindful of creating technology breaks; create clear time away from Twitter, emails etc

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