

MODULE 2

EXERCISE: Reflection - on before & after Resiliency Shift

FIELD WORK: Resiliency Shift

Resiliency Training

M O D U L E 2

EXERCISE

We're going to build our awareness of what a triggered state and a resilient state look like in ourselves. Recall the guided Resiliency Shift experience you had during the online lesson.

If it's been a bit since the guided Resiliency Shift experience, I recommend re-watching the guided video to practice The Resiliency Shift again before proceeding - it will be helpful if you have trouble answering the questions in the exercise below.

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EXERCISE

DESCRIBE YOUR TRIGGERED STATE - WORKSHEET

Bring to mind your triggered state. Write words that describe your triggered state in the following categories:

THOUGHTS YOU HAVE

EMOTIONS YOU FEEL

SENSATIONS IN BODY

OTHERS' PERCEPTIONS

Capture any other notable details about your triggered state here:

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EXERCISE

DESCRIBE YOUR RESILIENT STATE - WORKSHEET

Bring to mind your resilient state. Write a brief description of your resilient state in the following categories:

THOUGHTS YOU HAVE

EMOTIONS YOU FEEL

SENSATIONS IN BODY

OTHERS' PERCEPTIONS

Capture any other notable details about your resilient state here:

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EXERCISE REFLECTIONS

DESCRIBING YOUR SHIFT IN DETAIL

Just like in the guided video of The Resiliency Shift, here's the capacity building part (think of it as learning how to tune an instrument - you're body / mind is out-of-tune and you're going to tune it) - mindfully bring yourself from your triggered state to the resilient state and PAY ATTENTION TO and SAY OUT LOUD, every small nuanced shift that is taking place in what you see, hear, taste, smell; how your body feels, how your mind is. Make it as slow and explicit as possible. Now RECORD THE MICRO-LEVEL SHIFTS in vivid detail below or in a journal.

E.g. When I'm moving from triggered to resilient my posture is taller, my jaw relaxes, my shoulders shift down and back. I release agitation and my mind seems calm and still. Before I couldn't even feel my legs and now I have a sense of grounding. I wasn't very aware of my surroundings and now I can see the entire space around me bringing in sounds, smells and the taste of seawater in my mouth.

Resiliency Training

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FIELD WORK

Your Field Work for Module 2 is to learn how to set up meaningful Field Work for each of the following modules and get familiar with your worksheets! Let's get started...

All Field Work we'll set up will have three main components:

- 1) Clearly defining what exercises you'll experiment with - what, when, how, etc. - the more specific, the more likely you'll be do it.
- 2) Your weekly tracker to take notes on your experience each day.
- 3) Reflection & inquiry on your experiences with Field Work.

Intention or purpose for your all Field Work:

- ✦ Repeated practical application of Resiliency Training exercises helps build awareness around what is happening to you + they are designed to break you free from stress habit patterns over time.
- ✦ Reflecting on what happens while you are experimenting, is how your learning and integration will solidify and grow.

RESILIENCY TRAINING

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FIELD WORK COMMITMENT

MY COMMITMENT:

WEEK OF: _____

RECOMMENDED:

I will practice The Resiliency Shift method 2 times per day for a week. I'll note what is happening around me, who I'm with, how it worked/didn't work, and note the nuances of how I shifted.

WHAT WILL I DO?	WHEN? HOW OFTEN?	WHAT SUPPORT DO I NEED?	COMPLETE
<p><i>RECOMMENDED</i></p> <p><i>I will practice The Resiliency Shift. I'll make observations on my Field Work Tracker during the week</i></p>	<p><i>RECOMMENDED</i></p> <p><i>2 times per day for a week.</i></p>	<p><i>RECOMMENDED</i></p> <p><i>My Field Work Tracker worksheet & a calendar reminder; I'll also tell a friend I'm doing this.</i></p>	<input type="radio"/>
<p><i>RECOMMENDED</i></p> <p><i>I will practice The Resiliency Shift. I'll journal on the reflection questions before moving on to next module.</i></p>	<p><i>RECOMMENDED</i></p> <p><i>30 minutes at the end of this week</i></p>	<p><i>RECOMMENDED</i></p> <p><i>My Reflection Worksheet prompts, my journal, partner to watch kids, 60 minutes alone time.</i></p>	<input type="radio"/>

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FIELD WORK TRACKER

MY COMMITMENT:

WEEK OF: _____

RECOMMENDED I will practice The Resiliency Shift method 2 times per day.

	WHAT I NOTICED - LIST NOTABLE OBSERVATIONS	COMPLETE
MON		<input type="radio"/>
TUE		<input type="radio"/>
WED		<input type="radio"/>
THU		<input type="radio"/>
FRI		<input type="radio"/>
SAT		<input type="radio"/>
SUN		<input type="radio"/>

RESILIENCY TRAINING

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FIELD WORK REFLECTIONS

REFLECTIONS

Did you complete your Field Work? If not, why not (remember this is all new data for your learning)?

What are the positive results of your actions?

What surprised you?

What are the lessons learned/challenges?

What seems like a helpful next step?

Other notes you'd like to capture/share?

KEY TAKE-AWAY