



# RESILIENCY TOOL

## S. B. A. A.

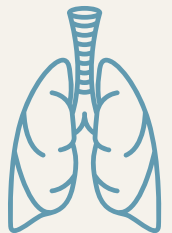
### S TOP- SNAP OUT OF IT!

- Stop the awfulizing. Stop the 'Monkey Mind' (Past, Future. Past. Future.)
- Get focused and present.
- Disengage and re-direct your mind in a different thought
- or activity.
- Learn to mindfulness.
- Say a powerful mantra instead.



### B REATHE- CALM BODY=CALM MIND

- Bring the oxygen back to your brain.
- Engage in three deep, slow and long belly breaths.
- Inhale and exhale through nose. Exhale longer than you inhale.
- Think “let” as you breathe in. Think “go” as you breathe out.
- Learn more breathing techniques.



### A PPRECIATE- ATTITUDE OF GRATITUDE

- Appreciation and gratitude reverses stress chemicals into happy hormones. Know your appreciation anchors: people, places, pictures, moments and memories.
- Go to your happy place. Connect with nature.
- Appreciate what is going on with the other person.
- Build a bridge to collaboration.



### A SK- Build a CURIOUS MINDSET

- Over arching superlative and dramatic statements engage *more stress*.
- Ask short, open-ended questions with genuine curiosity.
- Ask meaningful questions that matter in the moment.
- Have a helpful mindset "How can I help?"
- Don't ask "why?"





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*Say these words when you are triggered, awfulizing or when you are breathing to calm yourself.*

- God is with me.
- God is good.
- The Lord is my strength and my shield.
- Be still and know that I am God.
- The joy of the Lord is my strength.
- Let it go.
- I let go of what is not serving me in this moment.
- I am LOVE.
- I am safe in this moment.
- We are okay in this moment.
- I've got this.
- Just do your thing - *insert your name*.
- This isn't happening to me. It's just happening.
- People don't do things to others. They do things for themselves.
- Don't judge this moment.
- Life doesn't happen to me. It happens for me.
- The Universe has my back.
- Everything is figure-outable.
- This is kinda good cause...