

Three Strategies for Building and Sustaining Resilience

Overview

Goal: Learn three important strategies to practice daily for building and sustaining resilience.

Key Concepts:

- Building and sustaining energy levels or resilience capacity requires awareness of when you are draining your energy.
- Plugging energy drains throughout the day is essential to prevent depletion.
- Practicing one of the energy-regulation techniques in this guide can help you Prep before an event, Shift and Reset after a challenging situation and Sustain your resilience and composure during your day.
- Consistently practicing the techniques helps build a new coherence baseline and, therefore, greater resilience.
- Practicing the three strategies helps you “take charge” of your thoughts and emotions so you can better handle anything that comes up each day.

The previous sections have talked about coherence and resilience and how they relate to intelligent energy management. Now, let's look at three important strategies to more effectively regulate your energy and increase your resilience. Understanding these three strategies then will help you see when and where you can apply any of the techniques.

1. Prep to set the tone for the day and to be more composed before upcoming stressful events, or even a regular routine such as going to work.

2. Shift and Reset as soon as possible after a stress reaction or challenging situation by shifting into a more coherent state to minimize energy drains. Shift and Reset again before resting or going to bed to get the maximum benefits from rest or sleep.

3. Sustain your resilience throughout the day by establishing regular practices to refresh your composure between activities. Choose the appropriate technique, in the moment, whenever challenging events occur. Use a technique even when you feel you don't need one. It all adds up!

Heart-Focused Breathing Technique

You can use this technique anytime, anywhere, with your eyes open and no one knows you are using it.

An important first step in stopping energy drains.

Heart-Focused Breathing is an effective technique to take the charge out of a stress reaction and start the process of shifting into a more resilient state. It's a simple technique that helps turn down the volume of stress. Combining the simple act of focusing on the heart area with a deeper level of breathing helps draw energy away from your distressed thoughts and feelings. You interrupt your body's mechanical stress response and begin the process of getting your nervous system in sync, which is reflected in more coherent heart rhythms and significantly improves your mental capacity.

Heart-Focused Breathing is the first step in getting coherent, but only the first one. Heart-Focused Breathing also is part of other techniques you'll learn, so it's worth taking the time now to get comfortable with this simple and effective step before adding other steps. It's that important!

Start by focusing on the area around your heart.

Heart-Focused Breathing™ Technique

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

After reading the step, stop for a moment and genuinely try it for a full minute. Heart-Focused Breathing is an on-the-go technique, meaning you don't have to stop what you're doing and close your eyes to do it. Practice doing it with your eyes open! Also, try doing Heart-Focused Breathing at different times during the day and see what you notice.