



Pause, Reset, Nourish: Resilience Slogan

WHEN TO USE

- Anytime you feel you need for a pep talk to get re-energized or you need a shift in perspective.

CATEGORY

Thinking and grounding strategy

THE SCIENCE BEHIND THIS PRACTICE

Learning theory and neuroplasticity; frequent repetition of information is more readily remembered. A brain quote “The mind takes the shape of what it rest upon” meaning if our thoughts are continuously negative this creates strong negative neuropathways, however if we can learn to notice these thoughts as we cannot control the thoughts that pop into our head but we can choose to try to focus our thoughts for what we do want to reinforce.

OVERVIEW

Develop a short phrase, or several, that reminds you of what is important to you (i.e. aligned with your values) and what motivates you. A variation of this would be to identify inspirational or meaningful lyrics of a song that is meaningful to you that you can listen to or sing in your head. You can also use quotes said by others.

WHAT IS NEEDED	Pre-determined short phrase that is motivating for you. It could be an existing quote you find, like, “Just Do It” or “You Got This,” or a phrase that reflects something that is unique to you like, “I got into this work to make a difference, and I’m doing that now by...”
PAUSE	Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?
RESET	<p><i>Prior to doing this, you have taken some time to choose one or a few short phrases that speak to you. You may wish to place this quote somewhere where you can see it regularly, like when you open your wallet, on your dash board, on a staff bulletin board, the background of your phone, on a mirror, in your pocket, etc.</i></p> <p>Repeat the resilience slogan to yourself several times. It can help to use your imagination to create an image in your head of the slogan, or others that are important to you, saying the slogan together. Customize it to work for you. Remember a variation of this strategy is to sing song lyrics that are meaningful to you in your own head. What are the songs that you relate to, that inspire you? Have a list of several ready. Make a playlist.</p>
NOURISH	Notice once again what is here for you now with curiosity and without judgement. You may wish to repeat the practice if you are still feeling agitated or disconnected. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.

FURTHER RESOURCES/ REFERENCES	<i>You could use the internet to search for inspirational or motivational quotes.</i>
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NOTES/SPECIAL CONSIDERATION:

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.