# Hardiness Wall

Focus on things in my control

Pause first

Positive reframing. But what if it goes really well!!!

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Accept the things I cannot change and take the most simple way forward

Use my sick leave when it all gets too much rather than trying to push through

take the advice i dish out, stop reflect find a new and healthier way through it

Cry if that's the easiest option

# Hardiness Wall

Reframe events that seem negative at first thought.

Try to find the tiny positives

Reframe

Talk to someone

Pause, stop and think and reflect before I react or get too overwhelmed or upset

Not take life too seriously

Review if this stressor is aligned with my purpose and values

Pick one small thing that's in my control and actually do it that day if possible

# Hardiness Wall

Remember to reframe as much as possible

Schedule time in my calendar first thing on a Monday morning to review unread emails

Reflect more - the good and the ugly

Look for the learnings and opportunities

Taking a breath helps to respond not react

Focus on actions, list out possible options

Thinking about my purpose and whether what I am concerned about truly matters

Put more faith in others

# Hardiness Wall

Write down all the options to make something feel less stressful, and start with the easiest. Focus on what is the best step

Take more time before responding

Come to Sherrica with 10/10 stressors

Record out loud what your options are and listen back.

Review the opportunities a situation presents.

Celebrate small wins 🏆

Focusing on one action that is in my control and matters

Take time to stop and write down all my ideas before proceeding. And seek ideas from others.

# Hardiness Wall

Rating a stressor, working through the three c's and then re-rating the stressors. Impactful!

Even through challenges, make sure to come back to my WHY and then think forward to what I am gaining

Take a step back, stake a breath, and consider one thing I can do to control the situation.

Gratitude practice

Cognitive reframing

Write list don't think it

Identify the simplest thing in my control

List my choices before I start to action

# Hardiness Wall

Identity the why and the wants that drove it to help make sense of the stress

Pilates

Pause and think about how I can set some small goals to get through stressful period

Pause, then reframe

After identifying a trigger, ask: "How can I reframe?"

Reflect more

Actively invest in my own professional development pathway

Make time to learn the tech skill I have been putting off so I don't need to keep relying on my EA. Make it urgent instead of important gif one day

# Hardiness Wall

Stop and breathe, take a moment to reflect on purpose and why/whether something matters so much

Believe you can

Use sick leave

Question whether it is really that big deal, would I think the same about it now as I will in a week's time?

Pause, reflect and write down situation and contributing factors / wants that are leading to stress. Create a simple, process oriented plan that builds momentum starting with small quick wins

Write down my top priority for the day and why it matters