



**5 PRACTICAL  
STRATEGIES TO  
INCREASE RESILIENCE  
& DECREASE STRESS  
THE WORKBOOK**

*Rachael Kable*

# 5 PRACTICAL STRATEGIES TO INCREASE RESILIENCE & DECREASE STRESS



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**Resilience is how well we handle and adapt to stressful events or changes in our lives.** When we are resilient, we can set goals to help us move forward, we can be more present and accepting, we feel confident in ourselves and our abilities, we engage in helpful self-care habits and we enlist support. The exciting news about resilience is that it's a trait we can learn, develop and nurture to become stronger over time.

**In this workbook, you'll discover fun and meaningful activities to help you develop your resilience!**

## 1: Strengthen Your Relationships & Create a Solid Support Network

**Which three actions can you take this week to be more supportive of someone you care about?**

Action One

Action Two

Action Three

Write down five things you're grateful for about someone in your life (and be sure to let them know!)

One	<input type="text"/>
Two	<input type="text"/>
Three	<input type="text"/>
Four	<input type="text"/>
Five	<input type="text"/>

Who can you organise to catch up with this week?

Name:

Write three compliments you can give to the people around you today (a colleague, a shop assistant, a parent, a child etc) and try to share those compliments in person.

One	<input type="text"/>
Two	<input type="text"/>
Three	<input type="text"/>

**What is something kind you could do for someone you care about to help them feel special?  
Don't forget to actually do it!**

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**Write four ways you can be a more mindful listener and remember to put them into practice!**

<b>One</b>	
<b>Two</b>	
<b>Three</b>	
<b>Four</b>	

## 2: Practice Coping With Change

### Think positively -

*See if you can find the good aspects of change and focus on them. For example, change will help me meet new people and create more friendships.*

### Write down how you want to deal with change -

*Perhaps you would like to wake up half an hour earlier to meditate during a stressful time of change, or have an organised and pro-active attitude, or ask for help when you need it!*

### Develop self-compassion -

*We don't have to make it through times of change without help, without self-care, or without time to rest and recover. Listen to the needs of your body and mind and try to create a meaningful and realistic self-care plan.*

### Look for little ways you can get outside your comfort zone -

*Try cooking a new recipe, get out of bed earlier than you normally would, start a new hobby, listen to different music or podcasts, organise a road trip, or face a fear (if it's safe to, of course!)*

### Visualise yourself coping with change -

*When I had an opportunity to face my fear of public speaking, I spent some time visualising my presentation going well and how I could pro-actively deal with any challenges. It's also important to be able to switch off this "future thinking" when you feel like it's getting stressful or isn't helping anymore, so make sure you have a few mindfulness practices to use, such as a breathing technique, or a body scan.*

## 3: Cultivate a Growth Mindset

### Tip 1 -

*is to practise letting go of the need to be perfect, especially when we try something for the first time. Be mindful of your self-talk and try to use more encouraging thoughts. For example, if I was learning guitar I could be thinking things like “It’s ok to make mistakes because they will help me to learn, I will improve at this if I keep trying and I’m happy to be where I’m at.”*

### Tip 2 -

*is to stop assuming that past mistakes define our abilities and that those abilities won’t ever change. For example, rather than saying “I’m terrible at cooking because I burn everything” you can say “In the past I have burned some of the things I’ve tried to cook.” See how the first sentence defined our ability as terrible and the second sentence separated past cooking mistakes from the now? Again, listen to your self-talk and be aware of the fixed mindsets you have and how they might be holding you back. Practise using a growth mindset to challenge yourself and build up your resilience.*

### Tip 3 -

*is to focus on your effort, rather than the outcome. This is something that’s been really important for me in my business. If I only ever focused on the outcome of the things I do in my business, then it would probably be quite disheartening sometimes. Not everything I’ve done in my business has worked out the way I intended and if I only focused on the outcome, I wouldn’t feel like I’d come very far. By focusing on my efforts, I can see how much my experiences have helped me to learn and grow and how everything I could have seen as a failure actually taught me valuable lessons.*

## Tip 4 -

*is to embrace challenges. To help us do this, we can use positive self-talk, such as “I will learn from this experience.”*

**Write down five positive phrases to help you embrace challenges.**

One	
Two	
Three	
Four	
Five	

## 4: Learn to Take Responsibility, Rather Than Placing Blame

*For the three activities below, write down your thoughts detailing how you could place blame on yourself and others, and how you could take responsibility and learn from the experience. These activities are intended to help you understand more about blame and responsibility, as well as helping you cultivate a problem-solving attitude to challenges.*

### **Example - Imagine you've failed an important test.**

*Blaming yourself: "I am such a failure. I should have studied harder but I'm not smart enough."*

*Blaming others: "Why did the exam have to be so hard? I wish my housemate hadn't distracted me so often and my teacher had helped me more."*

*Taking responsibility and learning: "Next time I will organise a more structured study schedule and ask for help when I need it because I know I didn't do my best with that test."*

### Activity One -

**Imagine you've spent too much money on unnecessary items this week and you don't have enough money for rent.**

**Blaming yourself:**

**Blaming others:**

**Taking responsibility  
and learning:**



### Activity Two -

Imagine you were driving 5km over the speed limit because you were late for work and you received a speeding ticket.

Blaming yourself:

Blaming others:

Taking responsibility  
and learning:

### Activity Three -

Imagine you were supposed to help a friend move house and you completely forgot and made other plans.

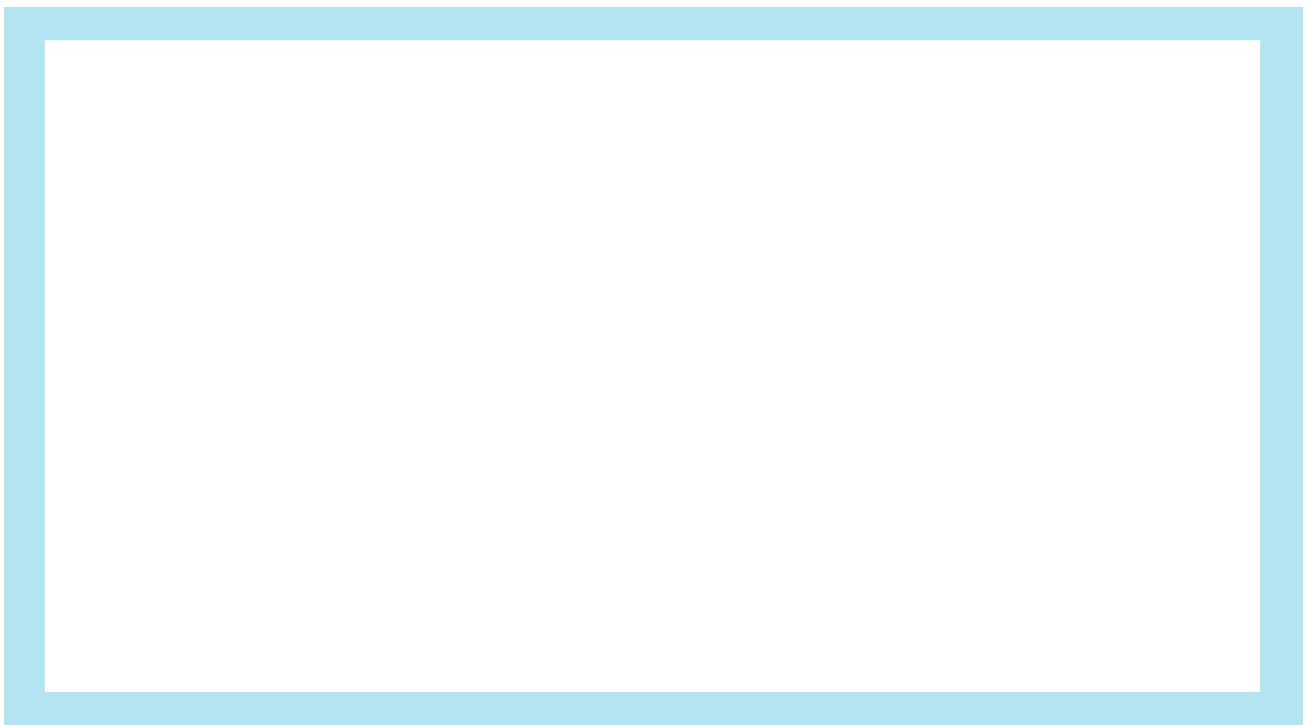
Blaming yourself:

Blaming others:

Taking responsibility  
and learning:

**5: Three of my favourite self-care practices to help me get through challenging times include gratitude journaling, meditation and taking a relaxing bath.**

**In the space below, write down at least ten self-care practices you feel like you would enjoy!**



**I hope you've enjoyed using this workbook about resilience!**

*For more tips, stories and strategies, be sure you check out episode 71 to 76 of The Mindful Kind podcast.*

**With love,  
Rach**