

# Roadmap to Resilience

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# Foundational Pillars

## ACTIVITY SHEET



“If you fail to plan, you are planning to fail!”

**BENJAMIN FRANKLIN**



### SESSION OBJECTIVES

**This session is designed to help you understand:**

- (a)** the foundational pillars for mental health
- (b)** how each pillar contributes to emotional well-being
- (c)** the importance of creating your own plan

# Planning for success

Most people naturally want to be successful. However, they don't typically get what they want in life, they get what they plan for. Therefore, it's time to plan for your success. There are seven building blocks that will help set your brain and body up to win. If you actively plan them into your daily life, you will develop a foundation upon which you can master your mind and manage your mood. If you take care of your brain and body, your mental health and emotional wellbeing will follow.

PILLAR

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PILLAR

02

PILLAR

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## S.U.C.C.E.S.S CHECKLIST:



How often do you experience the following? ✓

	RARELY	OCCASIONALLY	OFTEN
<b>SLEEP HYGIENE</b>			
I get a full night's sleep (7-9 hours)			
I sleep through without disturbance or waking			
I avoid coffee, sweets, cigarettes & alcohol before bed			
<b>UNDERSTANDING</b>			
I feel a sense of purpose in my life			
I make a valuable contribution to the lives of others			
I know who I am, why I'm here & what I'm worth			
<b>CONSUME</b>			
I snack on junk food when I'm feeling emotionally flat			
I eat fresh fruit and vegetables			
I drink lots of water			
<b>COGNITIVE STIMULATION</b>			
I actively seek to challenge myself & learn new things			
I engage problem solving (either for work or for fun)			
I read or listen to acquire new information			



How often do you experience the following? ✓

	RARELY	OCCASIONALLY	OFTEN
<b>EXERCISE</b>			
Exercise for at least 15-30 minutes each day			
I exercise until my breathing & heart rate is elevated			
I'm intentional about doing physical activity			

**SUNLIGHT EXPOSURE**

I'm exposed to early morning or late afternoon sunshine			
When UV index is low, my skin is exposed to the sun			
Since I'm rarely outside, I take Vitamin D supplements			

**SOCIALISATION**

I spend time with people outside my family & workplace			
I'm intentional about taking an interest in my friends			
I have supportive friends, but I also support others			

Q: What are the key areas on your S.U.C.C.E.S.S checklist that need improving?

A person is seen from behind, climbing a wooden staircase in a dense, green forest. They are wearing a blue t-shirt, a purple backpack, a yellow and red cap, and red sneakers. The forest is filled with ferns and other lush vegetation, with sunlight filtering through the trees.

**YOU MAY HAVE  
HEARD IT SAID;**

# “dress for success”

**BUT WHEN IT COMES  
TO MENTAL HEALTH  
AND EMOTIONAL  
WELLBEING, YOUR  
DRESS SENSE WON'T  
CUT IT. SUCCESS IS NOT  
ABOUT APPEARANCE,  
IT'S ABOUT  
PERSEVERANCE.**

# Sleep hygiene

Quality sleep requires the autonomic nervous system to be working well, so that the parasympathetic system can effectively relax the body. During sleep your body and brain refreshes itself. It is during sleep that metabolic toxins are removed, learning is solidified, and your brain builds better neural connections to enhance mental and physical performance. In fact, research shows that after a good night's sleep, performance on a task can increase by up to 30%!

ENVIRONMENT	STIMULANTS	ROUTINE	DISCIPLINE
Sleep in a dark room	Stop consuming alcohol at least 2 hours prior to sleep	Have a shower or bath prior to bed	Turn off all screens at least 30mins prior to sleep
Sleep in a dry and cool room	Stop drinking coffee and caffeinated tea 6 hours prior to sleep	Consistently go to bed at the same time	Don't go to bed on a full or empty stomach
Sleep in a quiet room (e.g., free from traffic noise, snoring, etc.)	Stop smoking	Wake in the morning at the same time (including weekends)	Avoid napping for more than 30 minutes during the day
Ensure children don't wake you	Ween yourself off sleeping medication*	Read (non-screen) prior to sleep	Consistently get a full night's sleep

**Q:** To improve the quality of your sleep, which sleep hygiene factors will you add to your action plan for success?



# Understand

As people get older, the question ‘why are we here’ emerges as being important for mental health and emotional wellbeing. If you want to know the specific purpose of something, you can either examine its utility and function, or ask the author, designer or creator what it was created for. In the following exercise, you can do both.



In the columns below, play a game of mix and match. Prayerfully consider which of your gifts, skills and talents could you combine with specific interests and passions, to fulfil each of your God ordained reasons for existence.

<b>GIFTS</b> Something you were born with (innate ability)	<b>SKILLS</b> Something you have learned (trained ability)	<b>TALENTS</b> Gift combined with skill; that you master with practice	<b>INTERESTS</b> Things that capture your mind and fuels imagination	<b>PASSIONS</b> Things that capture your heart and fuels your emotions	<b>PURPOSE</b>
					Becoming the person of noble character and integrity God designed you to be
					Glorifying God's name and expanding His Kingdom - sharing good news & truth
					Making a valuable contribution to the lives of others - blessed to be a blessing



# Consume



## FRUIT AND VEGTABLES

Helps build new brain cells

## WATER & HERBAL TEA

Detoxifies & keeps you hydrated

## COMPLEX CARBS

Gives you sustained energy

## EPA/DHA OMEGA 3

Brain protection & repair

## PROTEIN & TRYPTOPHAN

Converts into Serotonin for well-being

**Q:** To improve what you consume, what will you add to your action plan for success?

## CAFFEINE

In excess, can contribute to agitated resting and sleep difficulty

## ALCOHOL

A depressant that in excess, can disrupt thoughts and feelings

## ADDED SUGAR

Accentuates emotional instability and leads to long term lethargy

## TRANS-FATS

Contributes to brain fog, poor concentration and impulse control issues

## PROCESSED

A highly processed diet is correlated with anxiety and depression

**Q:** To improve what you consume, what will you add to your action plan for success?

# Exercise

Exercise not only serves to counter stress hormone levels but contributes to the release of endorphins that make you feel great. Exercising activates the sympathetic nervous system. However, after exercising, the parasympathetic nervous system kicks in, bringing you back to homeostasis. You will experience renewed calm, while being alert and focused with a new sense of vitality. As ironic as it sounds, the more energy you expend, the more energy you will end up having.



From the list of activities below, which types of exercise could you adapt into your daily or weekly action plan for success:

Dance	Walking	Martial arts
Swimming	Team Sports	Cycling
Gym workout or class	Bootcamp	Pilates
Jogging	Doing yard work	Other

# Sunlight Exposure

Sunlight exposure aids in the production of specific hormones and neurochemicals that contribute to mental health and emotional well-being. For serotonin production, late afternoon or early morning exposure is best. For melatonin production, midday exposure is best.



**NOTE: PROTECTION ADVICE:** Always ensure sensible protection from the sun's harmful ultraviolet rays. How much sun exposure you should receive will depend on where you live, what season you are in, what time of day it is and what skin type you have. Check the official health guidelines in the area you live.

# Socialising

Irrespective of whether you have an extroverted or introverted personality, you are a social creature. The interactions you have with others, contribute not only to social learning, but also brain development, gene expression (impacting immune cells and neurochemical levels) and the sharing of values. Regular positive social interaction is essential for mental health.



**In your social network, who are the people, friends or family that can:**

Influence you?

Support you?

Encourage you?

Inspire you?

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**In your social network, who are the people, friends or family that YOU can:**

Influence you?

Support you?

Encourage you?

Inspire you?

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