

Roadmap to Resilience

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ACTIVITY SHEET



There is a battle going on for your mind, because thoughts infused with feelings become your philosophy, and your philosophy governs your life.



SESSION OBJECTIVES

This session is designed to help you understand:

- (a)** how mastering your mind is linked with guarding your heart
- (b)** ways to re-establish law and order in your mind
- (c)** methods to compartmentalise and process tricky thoughts

Compartmentalise

When you're feeling worried, upset or stressed, your brain wants to tell you what to think. In other words, your mind can be having thoughts and you're not even consciously aware of it. It's often not until you're agitated, restless and aggravated, that you realise there's something you've been dwelling on that's influencing your feelings or behavioural choices. Given that unresolved issues may need your attention and important decisions still need making, there is a time and a place to evaluate the difficulties we experience in life. However, that time, is not 'all the time'. In re-establishing law and order, you need to exert control over what you think, when you think it, how long you will think it for, and how you will engage such thinking. This process is called compartmentalisation.

THOUGHTS ACCOMPANIED BY NEGATIVE EMOTIONS END UP SKEWING YOUR ABILITY TO THINK CLEARLY. AS YOU RUMINATE, YOU END UP LIKE A MOUSE ON A MENTAL TREADWHEEL MAKING LOTS OF MOTION BUT NO PROGRESS. BEFORE YOU REACH THE POINT OF EXHAUSTION, COMPARTMENTALISE YOUR THINKING.





THERE'S A TIME AND A PLACE

One of the most effective ways to maintain control over your thought life is to decide when it's appropriate to reflect on challenging circumstances and troublesome thoughts, and when it's not.

When is it NOT OK to reflect on challenging circumstances and troublesome thoughts?

EARLY MORNING

Starting your day with negative thoughts and feelings can negatively impact the rest of your day, resulting in a loss of motivation to accomplish important responsibilities.

NIGHT-TIME

Worrisome thoughts and negative memories stimulate the secretion of your stress hormone cortisol – resulting in restlessness, irritability and sleeping difficulties.

When is it OK to reflect on challenging circumstances and troublesome thoughts?

MID-MORNING

With lunchtime serving as a circuit breaker.

MID-AFTERNOON

With dinnertime serving as a circuit breaker.

REFLECTION TIME

The reflection time that you establish must be set up in advance for a nominated period of time (e.g., 20-30 minutes). When that time is over, you should be able to walk away and leave your negative thoughts and memories behind.

INTRUSIVE THOUGHTS

Whenever intrusive thoughts present themselves during the day, simply choose to come back to them at the time you have pre-established. When that time arrives, often you'll discover you don't feel like engaging such thoughts in that moment. So, where required, postpone until the next day. If, however, your thoughts are worrisome in nature, and truth be told, you actually want to avoid facing them, be disciplined and address them at the specified time.

METHODOLOGY

When the time arrives to address your thoughts, have a pre-determined set of processing conditions. Pre-determining the environment (e.g., where you will address your thoughts) and the manner (e.g., silent thoughts, talking things over with a friend, or writing thoughts down).

Establish your terms and conditions for 'reflect time':

TIME OF DAY	DURATION
LOCATION	METHOD

What are you thankful for?

Sometimes intrusive thoughts (e.g., sticky thoughts) are difficult to manage. Despite establishing the terms and conditions for reflection time, obsessive thoughts sometimes just won't leave you alone. The way to handle them, is to engage 'thought replacement' which is a form of cognitive restructuring. One of the easiest ways to sustainably shift attention away from the problematic thought, is to place your attention on that which you truly appreciate. The more detail you go into about 'what' specifically you are thankful for and 'why' you are so grateful, the greater the shift you will experience.

COUNT YOUR BLESSINGS

In the space below, identify five specific things that you are thankful for today, together with accompanying reasons that articulate why.



I am thankful for...	Because...
1.	
2.	
3.	
4.	
5.	

A person is shown from the back, in silhouette, with their right arm raised towards a bright sun. The sun is low on the horizon, creating a strong lens flare and casting a warm, golden glow over the scene. The background is a vast, open landscape, likely a desert or a coastal plain, with rolling hills and a clear sky. The overall mood is one of awe, gratitude, and connection with nature.

being grateful

ONLY ALTERS WHAT YOU THINK, BUT IT WILL ALSO INFLUENCE HOW YOU FEEL, HOW YOUR BRAIN FUNCTIONS AND WILL ULTIMATELY INFLUENCE WHAT YOU DO NEXT.