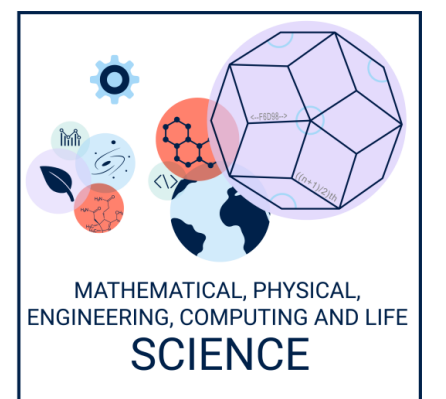
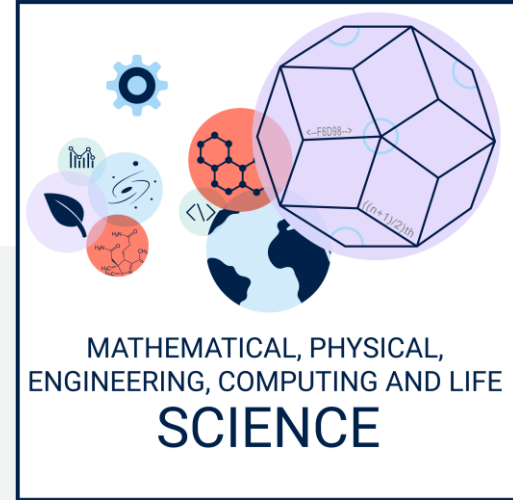


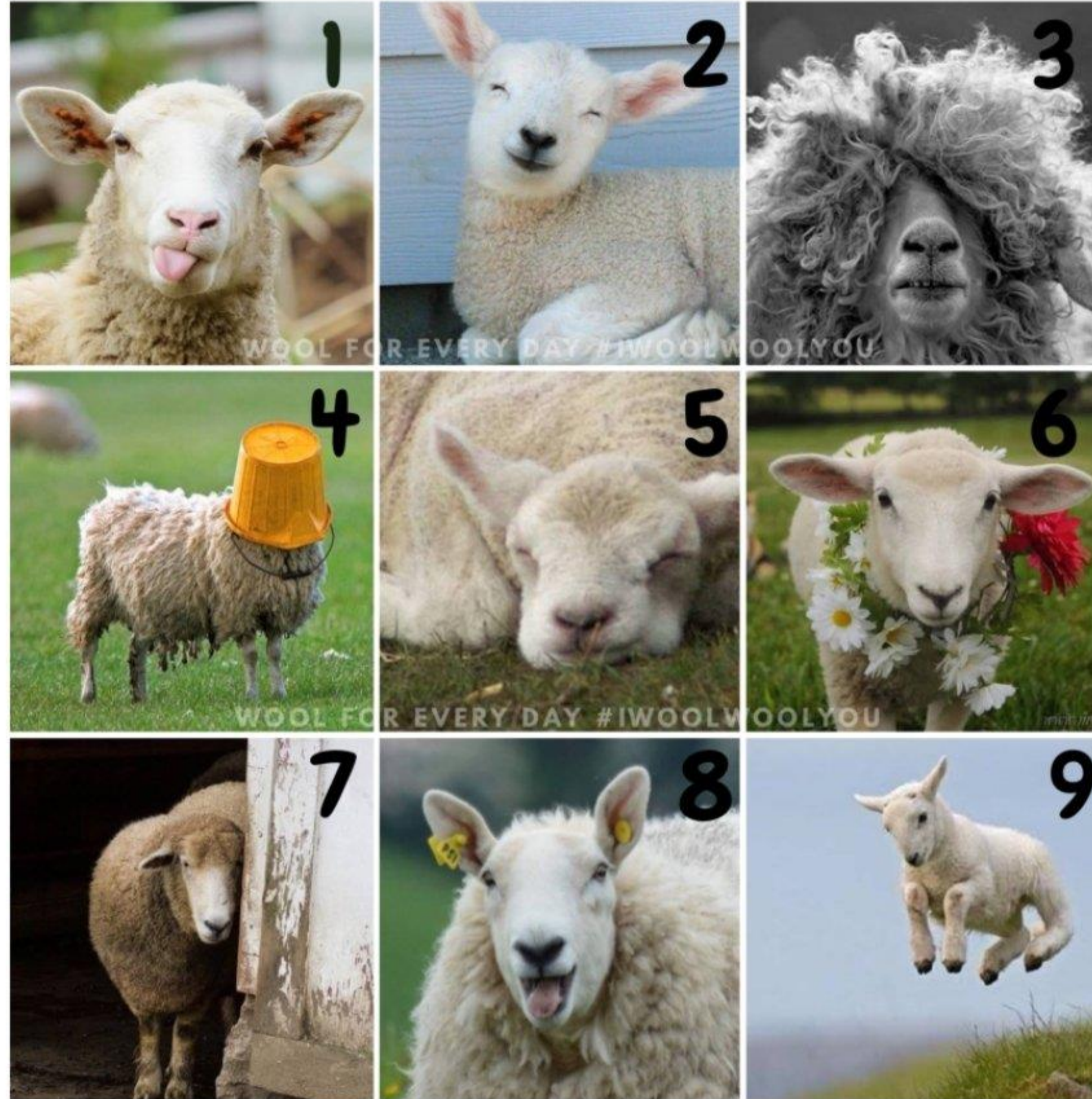
Cultivating Resilience and Self-care for ourselves and others

HANNAH RAVENSWOOD: EDI FACILITATOR – TRAINING AND DEVELOPMENT

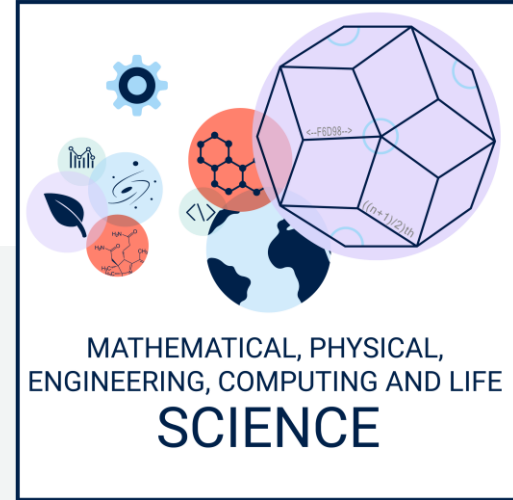




On this sheep-scale, how do you feel today?



WOOL FOR EVERY DAY #IWOOLWOOLYOU

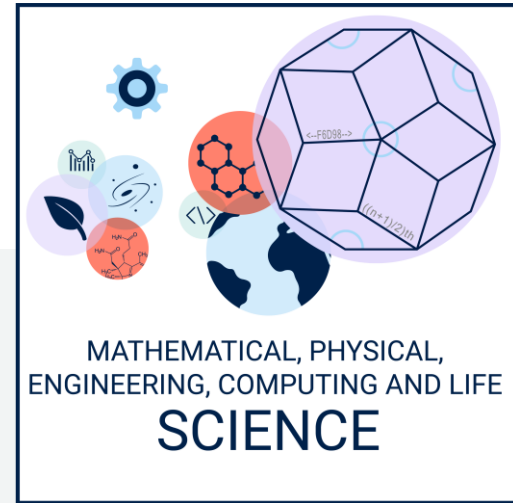


What concerns you? What can you influence?

Think about
what you
can
control....

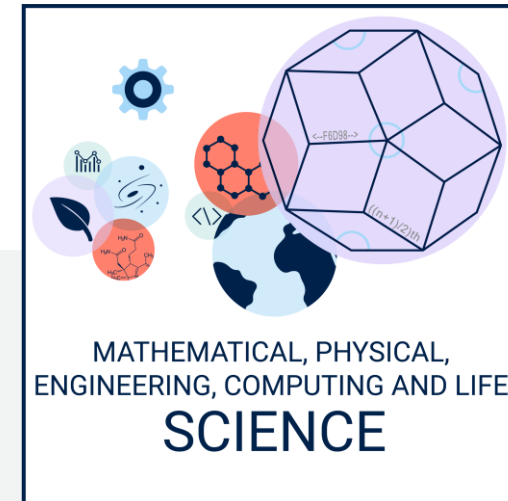
Think about
what you
can't
control...

Stephen Covey *7 Habits of Highly Effective People* (1989)



Resilience bucket





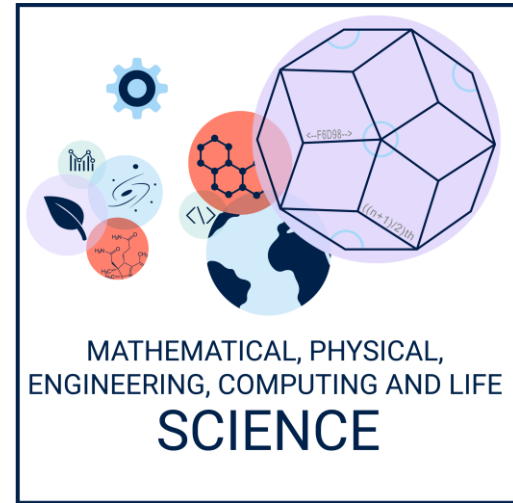
Stress container



What helps you to release stress?

How can you ensure your stress container doesn't get too full?

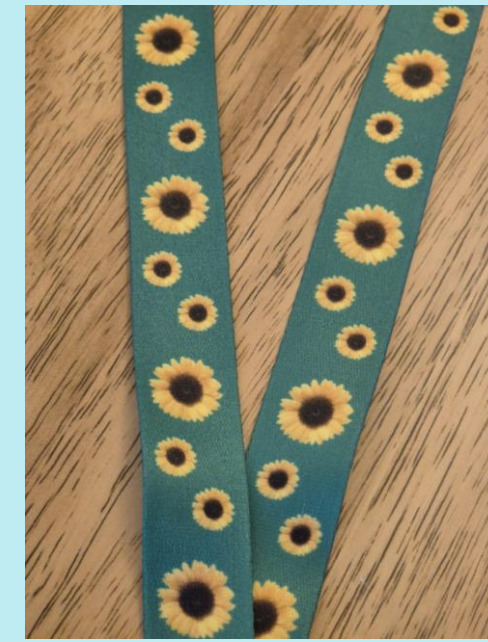
What can you do to help others?



Mental/Emotional



Professional

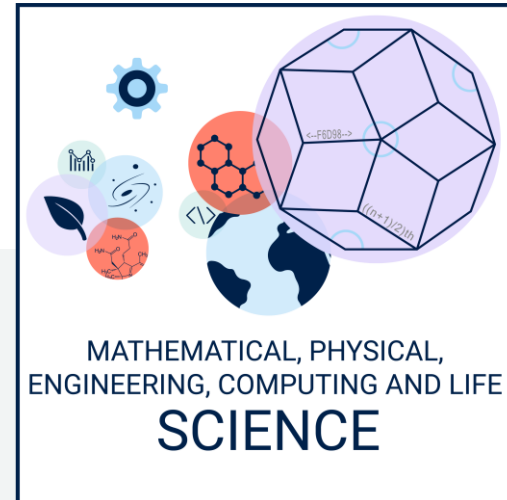


Physical



Spiritual





Other things to try (find out what works for you)

Box breathing

Feet on the floor (if possible, feel the ground)

Close your eyes (if you would like to)

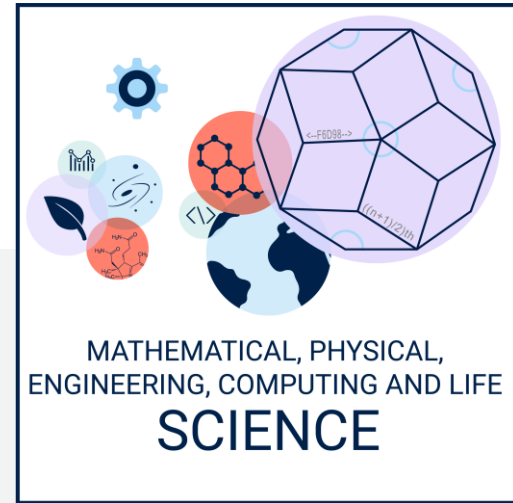
Breathe in to the count of 4

Hold to the count of 4 (holding is really important)

Breathe out to the count of 4

(Repeat 3-4 times)





Other things to try (find out what works for you)

