

# Resilience, motivation and enhanced mood

## Some techniques and exercises

Adapted from 'From stress to resilience' – Peter Gruenewald

### 1. Breathing

- Consider how you breathe naturally:  
Where do you breathe from?  
How many seconds do you breathe in for? Out for?
- Practise  
Breathing deeply  
Feeling your lungs expand front and back  
Breathing in for 5 seconds and out for 5 seconds. You may wish to build up to this.

### 2. The power of happy/grateful thoughts

- Write about a problem or difficult situation you have to address.  
Include how you feel, and what is hindering and helping you
- Now think for a few moments about something that makes or has made you very happy: a person, an experience, a place. Or, something or someone you are truly grateful for
- Repeat the first exercise above
- What do you notice about your 2 pieces of writing?
- You can now either
  - A) Focus on addressing the problem or situation from the starting point of your 2<sup>nd</sup> set of thoughts and feelings, or
  - B) Compare the 2 pieces of writing. What is a realistic way for you to go forward?

### 3. Diary writing.

Try any of the following

- **A review of the day.** What happened and more importantly how did it make you feel?
- **Gratitude:** Write down 5 things each day that you are grateful for, in the here and now
- **Planning.** Write the 6 things that you must do tomorrow. Do not write more than 6, or add to the list.  
Tick them off as they are done.

### 4. Ideal future self

Write in some detail about how you would like your life (professional/personal) to be at a given future point.

Include detail of how this will affect others, and what others will notice about you, and how this will in turn impact on you.

Re-visit/re-write/add to this as often as you wish to.

### 5. Visualisation exercise

Work in pairs (spoken), or on your own (writing)

Ask your partner / ask yourself **"What will it be like when...?"**

This may be when a problem is solved, or when you have achieved something you want to achieve.

Write down, or share as much detail as possible, including sensory perceptions and how you feel in your body. Also write down or share who will notice; include as many people as possible