

BUILDING RESILIENCE

Bouncing back
when life is stressful



COVID-19 has had a serious impact on the hospitality industry, and we want to take this opportunity to share with you certain skills and tools that can help build greater resilience that you can bring into your everyday life.

Brought to you by:



Introduction

Building Resilience is the key to coping when life throws us a curve ball. We can't stop situations from changing and evolving. We can't make people act differently because their behaviour makes us feel uncomfortable, and we can't bury our heads in the sand and hope things blow over. What we can do is take steps to make sure we are equipped with the skills and tools to help us build greater resilience and 'bounce-back-ability'.

The following factsheets and exercises focus on 7 top tips for building resilience - simple things you can do to look after your mental health and wellbeing while tackling the stresses of everyday life more effectively.

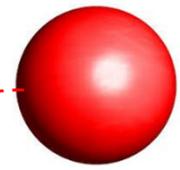


We are going to work through the GIRAFFE model to help you develop your personal resilience plan.

- ✓ **G**row Your Thinking - *expand your mind*
- ✓ **I**ntest in Positive Relationships - *your vibe attracts your tribe*
- ✓ **R**egulate Negative Emotions - *where the anger comes from*
- ✓ **A**chieve Balance - *physical, emotional and spiritual*
- ✓ **F**eed Positive Emotions - *believe in yourself*
- ✓ **F**oster Self Compassion - *mindfulness, self-kindness, connectedness*
- ✓ **E**levate Hope - *know what you want and go for it!*

Section #1

GROW YOUR THINKING -
expand your mind!



Bouncing back to
good mental health

Quick Questions

What does **RESILIENCE** mean to you?

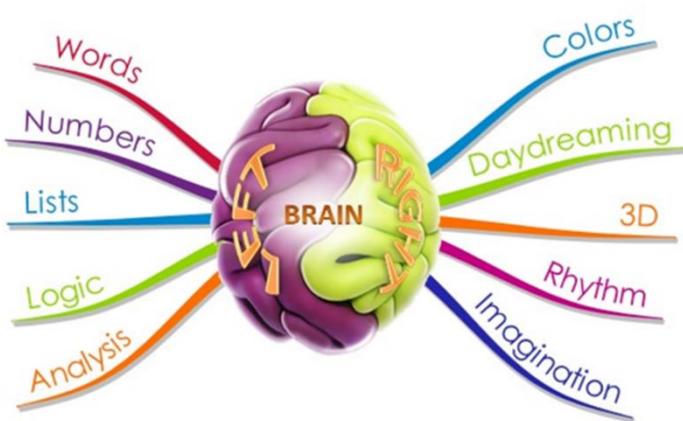
How **RESILIENT** are you feeling right now?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Not very resilient Very Resilient

What are you currently doing that builds your **RESILIENCE**?

Getting to Know Your Brain



The theory is that people are either **left**-brained or **right**-brained, meaning that one side of their brain is dominant.

If you're mostly analytical and methodical in your thinking, you're said to be **left**-brained.

If you tend to be more creative or artistic, you're thought to be **right**-brained.

Interested to know which side of **your** brain is more dominant? Take a test at <https://www.mentalup.co/blog/right-brain-left-brain-test>. You might be quite surprised.

Note down your test results

Left brain _____% RIGHT Brain _____%

Quick Questions

What benefits could there be for knowing which side of your brain is more dominant?

When working in a team, how could you recognise someone's brain dominance? What characteristics might you notice?

LEFT Brain Dominant

RIGHT Brain Dominant

The Ever-Changing Brain



Our brain is capable of all the following:

- **Learning** – acquiring knowledge and skills
- **Unlearning** – extinguishing learnt responses
- **Relearning** – developing new patterns

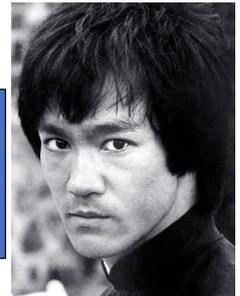
We all know what learning is, right? But what is **UNLEARNING?**

- Unlearning is the process of discarding something from your memory.
- When you unlearn something, you forget it, put it aside, and you lose knowledge of it.

So, why might you want to **unlearn** something?

- Unlearning can help you break a bad habit or let go of preconceptions.
- You can benefit from unlearning things that have held you back (e.g. *limiting beliefs*)

*“Empty your cup so it may be filled again;
become devoid to gain totality.”*
Bruce Lee, martial artist, actor/director, philosopher

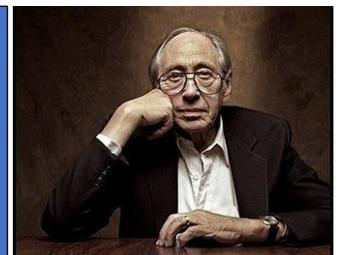


Unlearning provides space in your brain for **RELEARNING**

- Rather than piling up information, when we let go of (unlearn) old methods, habits or ways of being, we can adopt (relearn) new ones to boost our personal and professional growth.

Alvin Toffler, futurist and philosopher said:

*“The illiterate of the 21st century, will not be those
who cannot read and write, but those who cannot
learn, unlearn and relearn.”*



Habits, behaviours and beliefs can all be unlearned to make way for (relearned) newer, healthier ones. The choice is yours.

INTERESTING FACTS ABOUT THE BRAIN

The human brain **weighs 3 pounds**



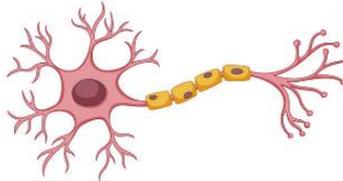
The human brain is around **2%** of the **body's total weight** but uses **20%** of its **total energy and oxygen**.

Your brain is **73% water**. Even the smallest level of **dehydration** can have a **negative effect** on your attention, memory and other cognitive skills.



Cholesterol is important for the brain to function. **25%** of the body's cholesterol resides within the brain.

The latest estimate is that our brains **contain roughly 86 BILLION brain cells**.



There are as many as **10,000 specific neurons** in the brain

The human brain gets **smaller as we get older**. This usually happens after middle age.



The **blood vessels** that are present in the brain are almost **400 miles in length**.

The average brain is believed to generate up to **50,000 thoughts per day**.



The human brain **reaches full maturity** at the age of **25**.

The brain **can't feel pain**. It interprets the signals sent to it but doesn't feel pain.



The adult brain is estimated to have more than **60 trillion neuronal connections**.

It's a **myth** that humans use only **10%** of our brain. We actually use **more than 10% of our brain when sleeping**.



95% of your **decisions** take place in your **subconscious mind**.

Memories are **shockingly unreliable** and **change over time**.



When you are **drunk** your brain is **incapable of forming memories**.

Your brain's **storage capacity** is considered virtually **limitless**.



The human brain is capable of **1,016 processes per second**, which makes it far **more powerful** than any existing computer.

Brain Food – what we eat affects our brain

- Protein builds tissue (*fish, white meat*)
- Lecithin boosts memory (*peanuts, soya beans*)
- Linoleic Acid aids coordination and stability (*corn oil*)
- Iron increases attention, improves understanding and increases memory (*greens e.g. spinach*)
- Sodium transmits messages (*salt*)
- Potassium transmits messages (*bananas*)

There are lots of foods that feed the brain and help towards better mental health and general wellbeing.

Quick Questions

List 3 things you could benefit from unlearning.

- 1.
- 2.
- 3.

Why is drinking water so important to brain health?

Give an example of the foods you can eat to feed your brain and help with focus and concentration.