

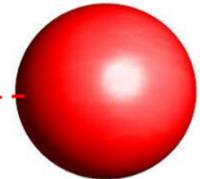
# BUILDING RESILIENCE

Brought to you by:



## Section #2

*INVEST IN POSITIVE RELATIONSHIPS –  
Your vibe attracts your tribe!*



Bouncing back to  
good mental health

### Quick Questions

Write down a memory of a time when you felt mentally exhausted after meeting a friend, a relative or a colleague. Who was there? What was their mood? What did you contribute to the conversation? How did you feel afterwards?

Now think of a time when you felt 'recharged' and 'uplifted' following a meeting with a friend, a relative or a colleague. What was different from the previous memory?

The people you spend time with can have either a positive or negative affect on your mood, your self-belief and your general mental wellbeing. It is, therefore, important to know the signs to look out for and to make sure you create a supportive and empowering tribe of like-minded people and avoid, or limit your exposure to, the others.

# YOUR VIBE ATTRACTS YOUR TRIBE

**VIBE** = Vibrational Energy

**Meaning:** A distinctive mood or aura surrounding a person, thing, or place, as sensed or felt by another person

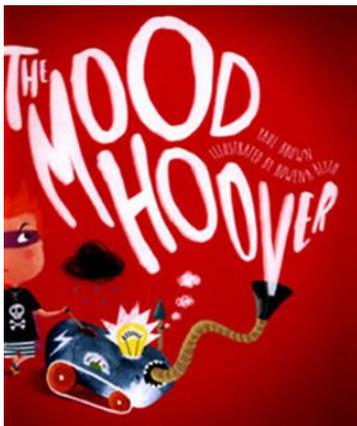
The only way to attract “your people” is to be yourself. If you’re pretending to be someone you’re not, you’re going to attract a tribe that has nothing in common with the real you.

It’s so important to find your tribe. Your tribe is made up of the people that just “get” you. They share your interests, they cheer for you when you succeed and commiserate with you in your failures.

Your tribe accepts you for who you are. They are your support system, your cheering squad, and provide you with a sense of community that you would be hard pressed to find elsewhere.



## Who should you avoid, or limit your interaction with?



### MOOD HOOVERS (we all know one of these!)

A person with a negative outlook on life, who sucks the enthusiasm and atmosphere out of a situation.

Mood Hoovers moan, complain and blame. They pull the joy from a room and replace it with their own doom and gloom perspectives.

We all have bad moods or bad days when we feel less than 100%, but mood hoovers sit under storm clouds of negativity and would find fault in paradise.

### ENERGY VAMPIRES (these are tricky ones!)

Have you ever felt completely drained, depleted and exhausted around a particular person, for no apparent reason?

An Energy Vampire is a person who feeds off your emotional energy. They could be anyone: a friend, a family member, a colleague, a casual acquaintance or even a romantic partner.

They are attracted to you because they unconsciously want help to fix problems within themselves and perceive you as part of the solution. Be kind to these people, but be aware of what they are doing and don’t be afraid to draw a line or set boundaries.



Write down the names of people in your life that fall into each of these categories:

**MOOD HOOVERS**

Empty rounded rectangular box for writing names of mood hoovers.

**ENERGY VAMPIRES**

Empty rounded rectangular box for writing names of energy vampires.

**MY TRIBE**

REMEMBER.....*your vibe attracts your tribe!* So be mindful and wise enough to surround yourself with positive and uplifting people.

Write down the names of positive and uplifting people you have in your tribe.

Large empty rounded rectangular box for writing names of people in your tribe.

What **vibe** could **you** to give out to attract new people to **your tribe**?

Large empty rounded rectangular box for writing about the vibe you can give out.



## 6 Ways to Raise Your Vibe

### 1. Show Gratitude

Create a Gratitude Journal and write five things you're grateful for each night before you go to bed. When you wake up, read those 5 things back to yourself to begin your day with gratitude. **What you focus on expands.**

### 2. Practice Forgiveness

If you find yourself angry and resentful, it is only hurting you. The quickest way to happiness for yourself is to forgive and release. Ask yourself **"Would you rather be happy or right?"**

### 3. Shift Your Focus

If you are stressing about the lack of money in your bank account, quickly turn your **focus to what you do have instead**, no matter what the amount is. If you are unhappy at work, focus on the aspects about your job that you do like. Find one small positive thing to focus on each day. You'll end up finding more to be grateful for than you realised.

### 4. Be Present

Go for a walk outside and spend time in nature. Listen to the birds chirp or wind blowing through the trees. When you eat, focus on the taste, texture, sound, and smell as you are eating and appreciate each bite. **Stay in the present moment and soak up all the goodness surrounding you.**

### 5. Have Fun

Watch a funny movie or a YouTube stand-up comedy video. Call a friend that you can have a laugh with, put your favourite playlist on, sing your heart out! Your spirits will be immediately lifted, and **you'll realise you need more of this in your life each day.**

### 6. Do Something Nice for Another Person

Buy someone's coffee, compliment them, smile, or tell someone how much they're appreciated. They'll feel good and the bonus is **it'll bring more joy into your life**, as well.

*When you feel great and do nice things, your vibrational energy rises, and you attract more of the same!*

*"Surround yourself with people who add value to your life. Who challenge you to be greater than you were yesterday. Who sprinkle magic into your existence, just like you do to theirs. Life isn't meant to be done alone. Find your tribe, and journey freely and loyally together."*

ALEX ELLE, Author

