

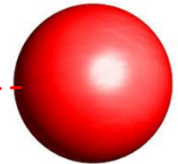
# BUILDING RESILIENCE

Brought to you by:



## Section #5

### FEED POSITIVE EMOTIONS - *believe in yourself!*



Bouncing back to  
good mental health

Positive emotions build our resilience (*the emotional **resources** needed for coping*). They broaden our awareness, letting us see more options for **problem solving**. Studies show that people feel and do their best when they have at least three times as many positive emotions as negative emotions. So, how do we increase our positive emotions?

## Positive Affirmations

### What are affirmations?

- Positive statements that can help you to challenge and overcome negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.
- Think about positive affirmations this way: many of us do repetitive exercises to improve our physical health, so affirmations are like exercises for our mind and outlook.
- These positive mental repetitions can reprogram our thinking patterns so that, over time, we begin to think and act differently.

### What do affirmations do?

- Evidence suggests that affirmations can help you to perform better at work. According to research, spending just a few minutes thinking about your best qualities before a meeting (eg *performance review*) can calm your nerves, increase your confidence and improve your chance of a positive outcome.
- Self-affirmations may also help reduce stress.



- They have been used to successfully treat low self-esteem, depression and other mental health conditions.
- Affirmations can give you a stronger sense of self-worth, which in turn makes you more likely to improve your own well-being.

### When do you use affirmations?

You can use affirmations in any situation where you'd like to see a positive change take place in your life. These might include times when you want to:

- *Raise your confidence before a presentation or an important meeting.*
- *Control negative feelings such as frustration, anger or impatience.*
- *Raise your self-esteem.*
- *Improve your productivity or finish a project you've started.*
- *Overcome a bad habit.*

## 7 Daily Affirmations

### 1. I believe in my dreams

*Believe in yourself and all that you are. Believe that everything and anything can be possible and you can have all the things you desire. Telling yourself that you believe in your dreams will help you become a more confident person. One thing that no one can take away from you is your own belief in your ability to succeed and have the life you've always wanted. Trust yourself and trust the universe that dreams do come true once you really start believing in them.*

### 2. I am doing my best every day

*No matter if you managed to do something small or big today, every day you are giving your best to create the life you want. Success comes in little baby steps and it does not happen overnight. Constantly remind yourself that you do the best you can every day and you learn daily from your mistakes. Even if you had a bad day today, just appreciate yourself for trying and making a little progress every single day.*

### 3. I love myself for who I am

*The next time you see yourself in the mirror, stop for a minute, look into your eyes and simply say "I love you". Tell yourself that you love all the imperfections in yourself because that is really what makes you the person you are. You cannot expect to give love to other people if you do not give it to yourself first. When you start accepting and loving the person you are inside, you will open up your heart to receive even more love and appreciation from other people. Everything starts with you- love yourself for who you are every single day.*

### 4. I am in charge of my own happiness

*No one can come and turn you into a more positive and satisfied person. You are responsible for your own happiness. You will be only disappointed if you have expectations of searching happiness somewhere outside of yourself. Realize the truth that you carry all the love, happiness and satisfaction you*

have always dreamed of inside yourself. Become responsible for your own feelings and take responsibility for this daily.

**5. I accept 100% responsibility for my own life**

Like the point about being in charge of your own happiness – you need to take full responsibility for your actions too. When you start complaining about your circumstances, your life situation or the people around you you only harm yourself. Nobody is responsible for the life you are living because you are creating your own reality. You, your own thoughts and daily actions shape every single day of your life.

**6. The best is yet to come**

Now that is really inspirational to tell yourself daily. Believe that even if today was not like you wanted it to be, tomorrow will be a better day. Believe that the next day will bring you better opportunities. By doing that you simply start attracting more positive things into your life.

**7. I am grateful for every day**

Appreciate every single day for the way it turned out. You do not have the power to change the things that happen to you but you can change your own attitude. Be grateful for every little good thing that the day brought you. Also be thankful that you have been part of this day because it is simply a miracle to wake up healthy and alive and be able to do the things you love every day!

Create your own positive affirmations here:



## Take a Compliment

When someone gives you a compliment, what do you do?

Some people get embarrassed or feel uncomfortable. Try to think differently about compliments. They are:

- A gift from someone to you – don't throw the gift back at them!
- Someone's opinion – which should be valued and not trampled on!

All you have to do is say *"thank you"*.

## Create a Brag Book

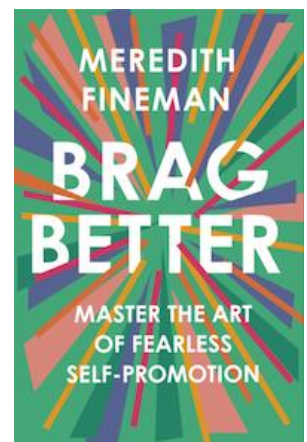
### What's a Brag Book?

- A celebration of success! A book of achievements!
- A record of positive feedback – perhaps a job well done, or a project completed – anything positive that has been sent in an email or brought up in a meeting or mentioned in a communication.
- Your Brag Book can be saved on your phone, or you may want to create a file on your computer where you can save positive emails, or it may be a little box handwritten notes to keep on your desk.
- There are also books that can help you discover your awesomeness!



### What do you do with a Brag Book?

- On the occasions when you're feeling low, or things are not going to plan, look in your brag book and remind yourself of the times when things went well.
- Reminds you of your value and the value you bring to the work you do.
- Use it as support at interviews/appraisals.
- It's your self-promotion tool!



### What could you put in your Brag Book today?