

BUILDING RESILIENCE

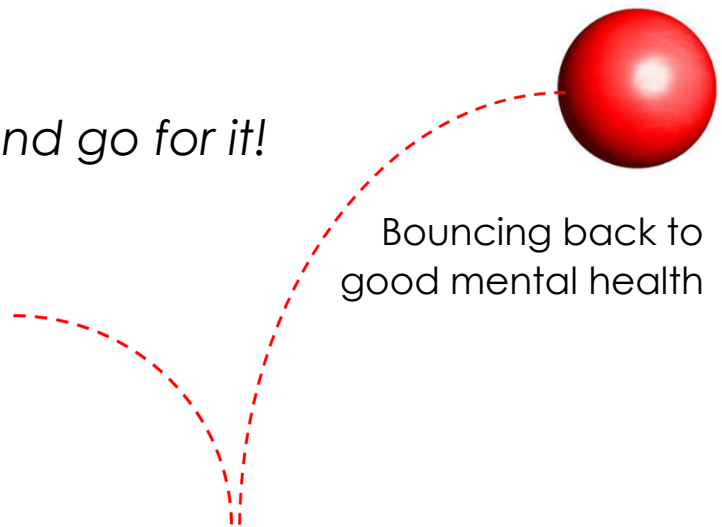
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Section #7

ELEVATE HOPE -

Know what you want and go for it!



Bouncing back to good mental health

If you don't know what you want your life to look like, how are you going to know when you get there?

Think about driving a car - even with a SatNav, you need to set your destination before it can give you directions to get there.

So knowing where you want to go in life is the first step. This is goal setting. Once you know what you want, you then have to make a plan to achieve it. This is action planning.

If you set a goal and make a plan, you create a road map for your success. If you take a wrong turn or find a dead end, you alter your plan to reflect the changes required to continue the journey.

The pandemic may well have created a long-term road closure, so you may have to delay your journey or plan a detour. There are always alternate routes to explore. They may take longer or involve a change of plan, but there are always ways to move forward. Life will always throw obstacles at us. We just need to build greater resilience to deal with these bumps in the road and stay focused on our goal.

An action plan is not something you create and forget about. If you have a well-structured action plan, you should be reviewing it regularly to make sure you're on track and if you're not, then alter the plan and get back on track.

Timelines may have to change due to unforeseen circumstances; a temporary diversion may be necessary, or a total change of direction may be a consideration. But these can be built into your plan as they occur. Sometimes even your goal may have to change, but that's OK. Just pop your new destination on the map and plan your new route.

Setting goals means that a person has committed thought, emotion, and behavior towards attaining the goal.

Here are a few tools that can help you set your goal and create your action plan:

THE GROW MODEL



What is your **GOAL**?
Where do you want to **GET TO**?



What's the **REALITY**?
What's the situation now in relation to your goal?



What are your **OPTIONS**?
What could you do to get you closer to your goal?
List all the things you would need to do.



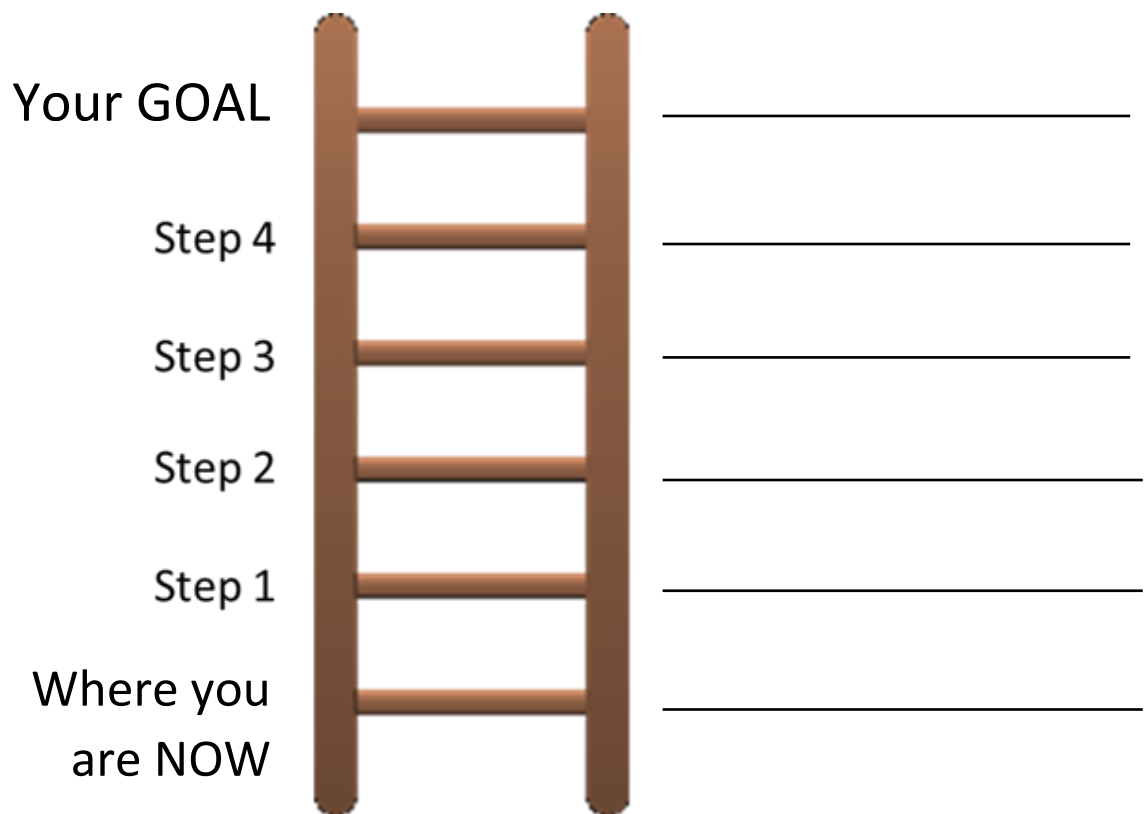
What's the **WAY FORWARD**?
What will you do right now? (*first step*)
What will you do next? (*next step*)

This model is a great way to get started setting your goal and identifying the first few steps.

Give it a try!



LADDER TO SUCCESS



- Set your goal and assign a date to it.....a deadline by which to reach your goal.
- Decide on the steps that will take you closer to your goal and assign completion dates to each step.
- Small steps in the right direction help you stay focused and are more likely to be achieved.
- If you miss the deadline for one step, reset all the dates accordingly. This will get you back on track.



Visualise your future

Visualisation is a great way to manifest what you want in your life. What does your future look like? How does it feel when you achieve what you want? Imagine you are already there and experience the feelings of success.

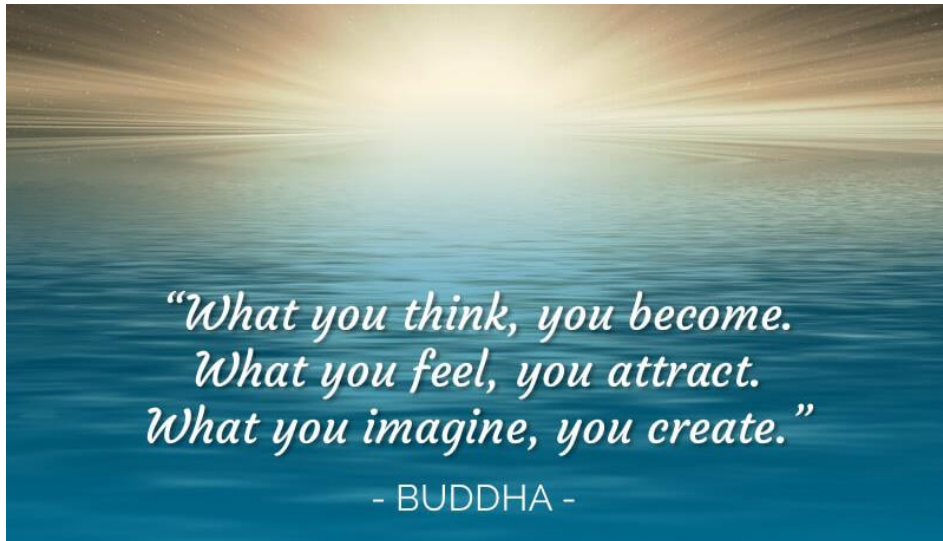
As kids we did this all the time.



- What did you dream of being when you were a child?
- How did that look to you?
- How did it feel imagining being what you dreamt of?
- Did you dress up or make things relating to your dream?

So, embrace your inner child and dream big!

- What's the dream you have now?
- What does your dream future look like?
- Imagine yourself realising that dream....how does that feel?



We hope you've enjoyed these sessions from the Building Resilience programme. All of the sessions are available on the Hospitality Health website (www.hospitalityhealth.org.uk).

In case you've missed any, here's what our GIRAFFE (*Stretch*) covered:



Helping 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!*

Thank you!