

BUILDING RESILIENCE: STRATEGIES FOR PERSONAL WELLBEING

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Objectives

By the end of today's session we will:

- Better understand how to deal with stress and overwhelm
- Know some of the most effective strategies for staying well in difficult times
- Have identified some of our most valuable wellbeing strategies
- Have committed to personal wellbeing goals
- Have mapped out our support networks

Ground rules

- Please look after yourselves!
- Respect everyone's contribution, suspend judgement, show kindness
- Treat this as an opportunity for learning, not as a substitute for more formal support
- Avoid excessive sharing of personal information

Task:

- What do I do to help maintain my wellbeing?

Managing stress and overwhelm

- Self awareness
- Breaking state
- Using our breath
- Sensory grounding
- Mindfulness
- Accepting our emotions
- Challenging our thoughts

Taking action

- Basic self care
- Stay connected
- Self compassion
- Face challenges, commit to goals
- Focus on what's in your control
- Process difficult emotions, seek out positive ones
- Boundaries
- Coping strategies
- “The best way to feel good is to do good”

Thinking differently

- 'Even if you are a minority of one, the truth is the truth.' *Mahatma Gandhi*
- Values, purpose, vision
- Perspective
- Realistic optimism
- Gratitude
- You are enough
- We are building cathedrals
- You have choice
- Challenges as opportunities for growth

Task:

- What am I going to commit to? How will I hold myself accountable for this?

Task:

- My support network: How do I stay connected?

Thank you!

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