

RESILIENCE FOR NEW NORMAL

Bounce, Reimagine and Drive

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We are acknowledging and recovering from a disruption with high volatility. Resilience is the core competence to work through it. It is your best friend as you guide yourself, your loved ones, and your business through adversity and into recovery and rebirth. It will end. There will be a transformed landscape of opportunity for those who can apply resilience with skill.

Resilience is a learned ability to Bounce, Grow, Connect and Flow.

Rapid - and repeated - Bounce

Resilience can slowly fail over time. It is hard to detect. In a crisis, resilience can fail very fast. Either way, you are in deep trouble. To Bounce we must understand how Resilience fails. There are well defined stages. Learn to identify them quickly. It starts in the mind, progresses through emotion, and leaves us distressed or depressed.



Tactical calm is a safe reliable skill to be calm and effective under pressure.

1. Lengthen your spine – sit or stand light and long
2. Inhale gently and bring attention to your belly
3. Breath out long and slow (6sec) with a slight pause
4. Inhale low and slow (4 sec)
5. Repeat as needed breathing through nose

See Calm, Control and Connect: <https://resiliencei.com/2019/12/calm-control-and-connect/> .

Basic Setup	Current	Commitment	Optimal
Morning practice			
Good sleep (hrs)			Aim for 7- 8 hours of quality sleep each evening
Wake up time			Wake up at a consistent time each day even on weekends
Stretch & mindfulness			5 minutes stretching all major muscles, 10 min calm, focused breathing
Breakfast			Good breakfast including protein, egg, mushroom, nuts or oats
Daytime practice			
Exercise			Aim for 30 minutes daily include 1 session of strength work/week
Lunch			Veggies, fish or chicken, beans and good fats.
Powernap			If you require sleep to boost concentration – aim for a 10 minute powernap
Afternoon snack			Nuts, fruit, avocado and maybe dark chocolate
Evening practice			
Switch to home channel			Make a point of disconnecting from work & engaging family
Play time			Have some family / friend time to look forward to
Evening meal			Mixed veggies, limit protein and enjoy a bit of fat.
Sleep preparation			Cool down: avoid screen time an hour before bed, engage with family, intimacy or reading
Lights out practice			Relax your body fully. Engage diaphragmatic breathing. Gratitude.

Master Emotion

Working with emotions feels unnatural. Yet, emotional agility is one of the single most powerful factors driving resilience and a good life. Understand the destructive impact of fear, sadness and anger. They provoke rigidity. When pressure builds, and small events can be very destructive. The AMYGDALA HIJACK – defined by:

A trigger event (may be major or minor)

An immediate reaction (internal or external at approximately 0.3 seconds)

Strong emotion (fear, sadness, anger, craving)

Subsequent feelings of regret and remorse

Emotional Mastery:	Name	I feel
	Tame	Exhale, relax muscles
	Reframe	What is the countering feeling?

Impulse Control Competence

1. Learn to show restraint (Zip it)
2. Practice real-time relaxation (Breathe out)
3. Respond calmly but firmly and directly (Fierce conversation)
4. Remain calm even in crisis (No bad hair days)

Now you are ready to build the positive emotions.....

Situational Agility

Anxiety is worry about the future. Depression is ruminating on how you ruined the past. Anger is resentment for the past acts of others. When you see the content of your thoughts, they become an object to master. Be present, focused and effective.

Simplify your work environment. Tackle one thing at a time. Stay focused for short, high-impact bursts. Rest plenty. Seek flow when you do focus.

“thinking stops, time stops, effortless flow, rich afterglow”

Notice your thinking. Ask whether you might approach situations with a different mindset. Be conscious of your language. How you express what you say is very important for your own resilience and that of others. For example: explore replacing “I am so stressed” with “this is an interesting challenge”. Or, “this is a crisis” with “interesting opportunity to explore what really matters.

Further reading and resources

Inside-Out	Sven Hansen, 2015
Lost Connections	Johan Hari, 2018
Perform under Pressure	Ceri Evans, 2019
Why we Sleep	Matthew Walker, 2017
Radical Candor	Kim Scott, 2017

Connect with Sven Hansen on Linked In

All our training and assessments are available online: www.resiliencei.com

Check “News” tab for articles: Calm, Control, Connect, Leaders Guide to Mental Healthy, 10 Tips for Recovery, Rest and Rejuvenation, Re-imagine.