

Tools for Emotional Resilience

Use this guide to strengthen your resilience and continue to thrive in your important work.

Mind-Body Approaches

- **Somatic Psychotherapy Techniques:**
 - Look out the window into the distance to broaden your vision.
 - Wiggle your toes to bring awareness to your body.
 - Focus on your spine or the back of your neck to stay grounded.
 - Use your five senses to connect to the present moment.

Cognitive Tools

- **Reframe Your Thoughts:**
 - Remind yourself: *"I am hearing a story, and it is not happening to me."*
 - Acknowledge: *"I am aware that I am having an emotional reaction."*
- **Visualisation:**
 - Imagine the story your client shares landing in the space between you and them, not on or in you.

Positive Exposure

- Proactively seek happy stories, uplifting people, and inspiring places/images to balance heavy emotional content.

Behavioural & Lifestyle Habits

- **Professional Support:**
 - Engage in debriefing, supervision, or therapy.
- **Personal Boundaries:**
 - Set and maintain clear boundaries with your clients, family and friends to protect your emotional energy.
- **Wellness Activities:**
 - Dedicate regular time to hobbies, leisure, and physical exercise.

Social and Environmental Connections

- Stay connected with loved ones and build a supportive professional and personal network.

Relate.
TRAINING INSTITUTE

www.relateinstitute.com.au