



Stronger Than Before

developing resilience in work and life
becoming stronger than before

with **Gemma Stone**

It's a privilege to get stronger.

Although we live in a world full of beauty and hopefulness, sometimes life tosses us a trauma or a drama, a diagnosis or a disaster, an accident, or a painful conflict.

Instead of fearing these difficulties, we can begin by acknowledging that they are a natural part of the human experience.

So instead of seeking a problem-free life (there's no such thing), our time and energy is better spent cultivating **resilience**.

If you're creating anything, (a thriving career, a healthy marriage, a loving parent-child relationship), you already know that some days will bring pain, inconveniences, and profound stress.

This is why resilience matters so much, because a resilient heart and mind sees personal and professional difficulties as a temporary phase that can be moved through, instead of as a roadblock that must permanently derail you.

Resilient people have greater access to courage and resourcefulness.

Deeper levels of resilience means that you're equipped to navigate any circumstance in a way that honestly processes the emotional upset you may be feeling, without allowing that upset to become 'proof' that you don't have what it takes to cope and navigate the difficulty.

A resilient person occupies a growth mindset, where your skills, experience or emotional capacity are not limited or static. Instead, you recognize that you already have a wealth of tools at your disposal, and the opportunity to grow and expand is limitless.

Resilience is personal power.

Resilience is a vast energy supply.

Resilience is creative thinking and a spirit of stick-with-it-ness.

Right alongside love, resilience is probably the most powerful psychological quality we can invest in.



RESILIENCE

Resilience is the ability to recover from difficult experiences, bounce back, and thrive.☒

When we lack resilience, we:

- dwell on problems
- relationships suffer
- have a weaker immune system
- fall apart when something goes wrong
- feel victimized and become overwhelmed
- performance wanes and motivation dissipates
- turn to unhealthy coping mechanisms during stress
- are vulnerable to mental health struggles (depression, anxiety, insomnia)
- have increased health challenges (heartburn, indigestion, heart disease)

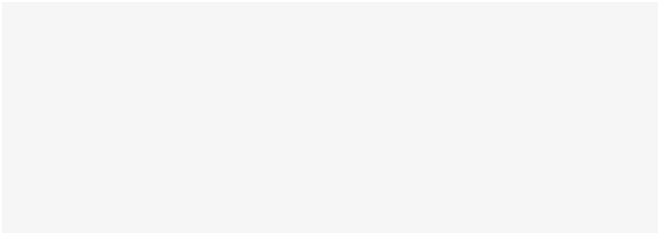
When we have resilience, we:

- have a growth mindset
- protect our mental health
- have healthier relationships
- are more likely to succeed
- deal with problems proactively
- bounce back from setbacks
- create connection and community

We all face trauma, adversity, and stress.

We can turn loss into lessons and challenge into change.

Together, we're going to create a roadmap for adapting to the challenges and emerging stronger even stronger than before.



RESILIENCE cont.

What challenge are you currently navigating?

Who is involved?

What is the core issue?

In your ideal world, what outcome would you like to experience?

***A diamond is just a rock
that handled pressure
exceptionally well.***

These are the conditions that allow us to become diamonds:

1. Resilient Mind
2. Resilient Body
3. Resilient Relationships

Let's dive in.

MENTAL SKILLS FOR RESILIENCE

We can't plan for everything, but we can prepare for most things by strengthening the mental skills of resilience.

Self-Awareness: The ability to pay attention to your thoughts, emotions, behaviors, and psychological reactions.

Regarding this challenge, how can you hit the pause button more to reflect on what's happening inside you?

Self-Regulation: The ability to change one's thoughts, emotions, behaviors, and physiology in the service of the desired outcome.

Regarding this challenge, when you get kicked into the fight/flight/freeze/fawn response how will you settle and soothe yourself?

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MENTAL SKILLS FOR RESILIENCE cont.

Mental Agility: The ability to look at situations from multiple perspectives and to think creatively and flexibly.

Regarding this challenge, when you shift your perspective from your orientation to another orientation, what can you see?

Connection: The ability to build and maintain strong, trusting relationships.

Regarding this challenge, how can you strengthen the connection you have to other people, your community, and something bigger than yourself?

Optimism: The ability to notice and expect the positive, to focus on what you can control, and to take purposeful action.

Regarding this challenge, how can you have a belief in a positive future, that people are generally good, and that good things are going to happen?

MENTAL SKILLS FOR RESILIENCE cont.

Courage: Doing things that scare us neutralizes fear, builds self-confidence, and strengthens resilience.

Regarding this challenge, what is something that scares you that you want to do? When you feel the fear, how will you lean into it and do it anyway?

Strengths of Character: The ability to use one's top strengths to engage authentically, overcome challenges, and create a life aligned with one's values.

Regarding this challenge, how will you use your strengths to help you navigate it?

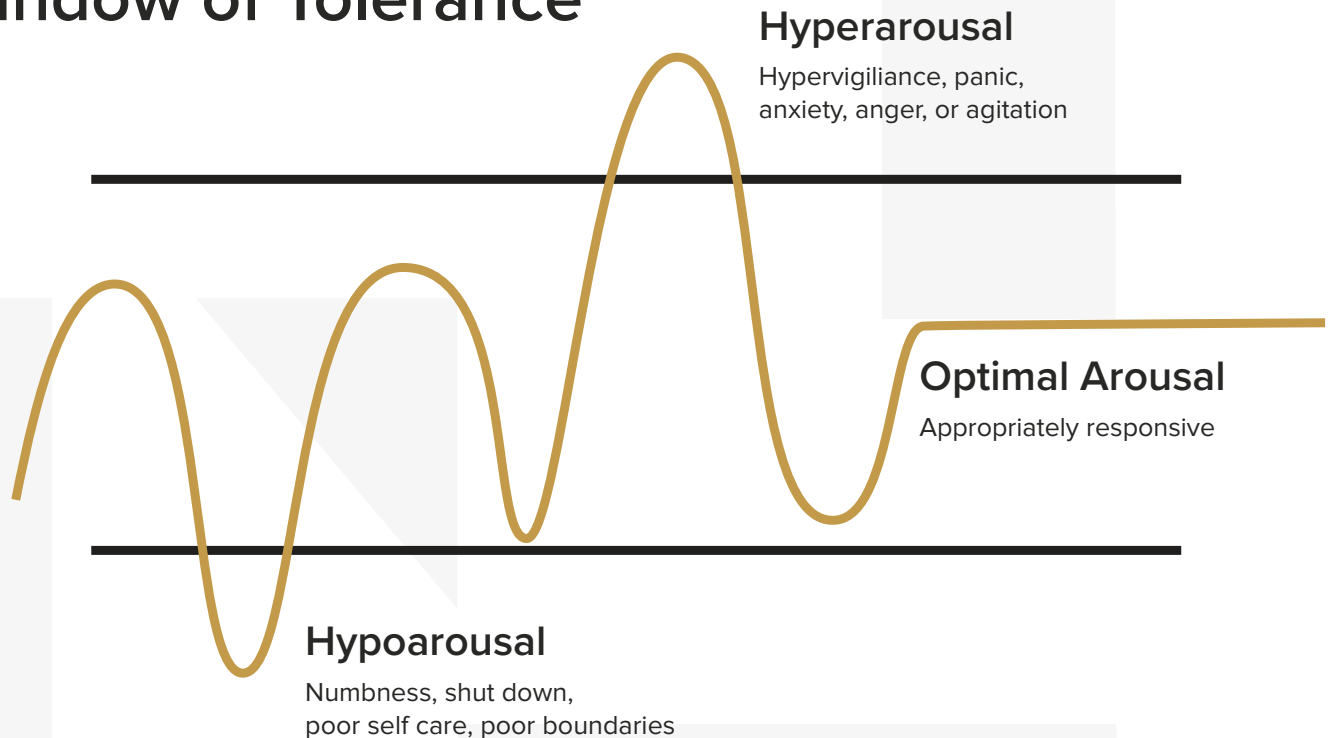
RESILIENT BODY

Your mind and body are powerful allies.

How you think affects how you feel and how you feel affects how you think.

Your number one body-based super-power, when it comes to resilience is ... regulation.

Window of Tolerance



RESILIENT BODY cont.

Here are ten body-based resilience building practices.

Play: laughter, games, art, painting, drawing, puzzles

Practices: gratitude, mindfulness, meditation, random acts of kindness, cold showers

Breath: belly breathing, box breathing, 4-7-8, charge breathing

Muscles: progressive relaxation, strength training

Mastery: learning new skills, language, music

Movement: strength, yoga, cardio

Nature: get outside, early morning sunlight

Nutrition: eat the rainbow, avoid processed foods, eat mindfully

Boundaries: what you say yes/no to

Sensory: using five senses for self-soothing

What will you integrate into your life to nurture a resilient body and deal with your current challenge in a healthy way?

1. _____

2. _____

3. _____

RESILIENT RELATIONSHIPS

A secure attachment style strengthens resilience.
We can accomplish more together than we can on our own.

Explore your attachment style and practices you can play with to strengthen it.

Secure Attachment Style

- I feel secure when I am alone
- I have a positive view of myself
- I have a positive view of relationships
- Being warm and loving comes naturally
- I establish and maintain healthy boundaries
- I easily offer healthy expressions of intimacy
- I easily receive healthy expressions of intimacy
- I manage interpersonal conflicts with confidence
- I feel secure when I am with someone I care about
- I am responsive to my partner and try to meet their needs
- When problems arise with others, I deal with them proactively
- I share my full range of emotions appropriately and constructively
- I tend to not take things personally and am not reactive to criticism
- I am about to be close with another without worrying about the relationship
- I accept my partner's minor shortcomings and treat them with love and respect
- When relationships change or end, I adapt by grieving, learning, and moving forward
- I openly and assertively share your wins and losses, needs, and feelings in relationship
- When conflicts arrive, I de-escalate them by problem-solving, forgiving, and apologizing

RESILIENT RELATIONSHIPS cont.

Anxious Attachment Style

- I feel needy relationships
- I struggle being by oneself
- I dislike being without company
- I have a lot of real relationship stress
- My relationships tend to be dramatic
- I have a lot of imagined relationship stress
- I feel jealous or controlling in relationships
- I feel possessive or obsessive in relationships
- I experience a lot of mood swings in relationships
- I tend to feel insecure about romantic relationships
- I tend to feel nervous about relationships in general
- I have a history of emotionally turbulent relationships
- I have been described as oversensitive in relationships
- It is difficult for me to give people the benefit of the doubt
- I feel more comfortable with stormy relationships than calm and peaceful ones
- I need frequent reinforcement of love and validation to feel secure and accepted
- I tend to respond negatively when not provided with regular positive reinforcement
- I have a tendency towards automatic negative thinking when interpreting others' intentions, words, and actions
- I am constantly working on (sometimes inventing) relationship issues in order to seek validation, reassurance, and acceptance

RESILIENT RELATIONSHIPS cont.

Avoidant Attachment Style

- I desire and resist intimacy
- I struggle with being committed
- I struggle with relying on others
- I push away those who get too close
- I prefer to be single than to settle down
- I am highly self-directed and self-sufficient
- I desire freedom physically and emotionally
- In committed relationships, I prize autonomy
- I am independent behaviorally and emotionally
- I avoid true intimacy which makes me vulnerable
- I have been described as passive aggressive or narcissistic
- I have many acquaintances, but few truly close relationships
- I am suspicious of other people's intentions, words, and actions
- When I'm engaging in other activities, my partner is frequently excluded or not very involved
- Other priorities in life often supersede a romantic relationship (work, social life, personal projects, travel, hobbies, etc.)

RESILIENT RELATIONSHIPS cont.

To cultivate a more secure attachment I will focus on:

- Healing shame
- Raising self-esteem
- Learning to be assertive
- Practice relying on others
- Striving for interdependence
- Risk being authentic and direct
- Seeking our professional support
- Developing a social support system
- Practicing vulnerability with safe people
- Learning how to self-regulate and co-regulate
- Learning to self-soothe so I can be less reactive
- Not playing games or try to manipulate my partner
- Initiate physical touch and allow myself to receive it
- Remembering I don't have to do everything on my own
- Express gratitude for the good in others and my relationship
- Learning to identify, honor, and assertively express my emotional needs
- Practicing acceptance of myself and others to become less faultfinding
- Strengthening my sense of being safe and secure with myself and others
- Learning to resolve conflict in a healthy way and adopt a 'we' perspective

RESILIENT RELATIONSHIPS cont.

What will you do protect and prioritize your relationships to help you deal with this challenge in a healthy way?

- Volunteer
- Engage in a club
- Join a community group
- Date night with my partner
- Coffee and talk with my friends
- Playful experiences with my children

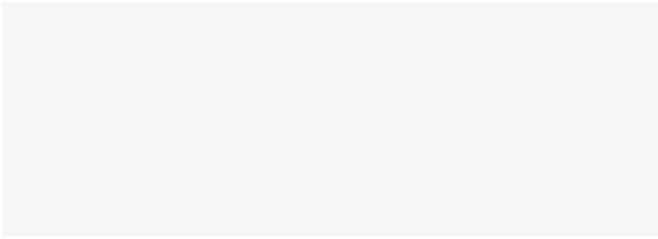
Contribute to your faith-based organization

My idea: _____

My idea: _____

My idea: _____

My idea: _____



ALIGNED ACTION

A hero is someone who has lived through pain and been transformed by it.

When it comes to the challenge you are currently facing, what aligned action will you take to make the changes you want to make to be the hero of your life?

1.

2.

3.

4.

5.

**This is your aligned action plan.
You have everything you need to become Stronger Than Before.**

GRATITUDE

Feel free to share a section of this workbook, wherever you like.

Your blog, your book, all over your social channels, in your holiday greeting card – share it with friends, family, and students.

It's all good and I'm grateful for your help in spreading the love. Just use my full name and kindly link back to my website: ToLoveThisLife.com

If you'd like to publish the entirety of this workbook in a book, magazine, on a website, or any other platform – or if you'd like to use this worksheet in a commercial / for-profit context – please email gemma@gemmastone.org to request permission first.

#pleaseandthankyou

WANT MORE?

We've got you covered...

If this workbook rocked your magnificent world, there's plenty more where that came from.

Three things you can do next:

- 1.** Hop over to ToLoveThisLife.com and sign up for our weekly Love Letters - our take on a newsletter that's packed with inspiring true stories, psychological strategies, a few of our favourite things.
- 2.** Join our community at ToLoveThisLife.com where we offer courses to help you live a life you love and add love to life.
- 3.** Prance over to your inbox pop gemma@tolovethislife.com into the address line and let me know if you have any questions. Also! If this workshop - or any of my work in the world - made your day, triggered an epiphany, or helped catapult you forward, tell me about it. #pleaseandthankyou

Here's our dream for you ...

... the freedom to do the things you want to do, follow-through on what matters most, keep your promises to yourself and feel proud that you are creating a life you love every day.

No one on earth can do what you do, in precisely the way that you do it. You are precious and our world needs your special brand of magic.

Thank you for being in our orbit.
Gemma + the TLTL Team

GETTING THE RIGHT SUPPORT

I know there is a life that you desire for yourself, a life you love.

All my work in the world is to help you move from where you are now, to where you want to be.

I have a whole lotta tools, techniques, and training to show you how to design, and live, a life you love.

I want to clarify where my online resources fit in your life and where you might need an extra helping hand to find your way through.

I know that, if you're out to create meaningful change in your life, it's probably because something is not working. At times, when life isn't working the way we want it to, our thoughts, feelings, and behaviours can be difficult to sort through.

This presentation will offer up the tools to develop self-awareness, deepen your relationships with yourself and information about how to use the power of psychology to align more fully with the life you love.

Our presentations are not a first line treatment for times when you're experiencing psychological distress. It isn't a substitute for face-to-face therapy or treatment from your medical professionals.

We all have bad days (because we are human and that's part of the gig) but there's a difference between a few bad days and a few bad months. If you are regularly struggling with your mental health, please seek professional support.

We are so glad you're here.

gem + the TLTL team

ABOUT THE AUTHOR



Gemma Stone is a psychology expert, neuroscientist, author, speaker, and lover of life. She is laser focused on helping people build emotional intelligence and resilience so they can navigate hard things and live a life they love. Working in the field of psychology for over twenty-years, her formal training, degrees, certifications, and licenses range from psychology to executive coaching, to hypnotherapy, to neurolinguistic programming, to trauma processing and much more.

She is the author of *Your Great Life: a soulful and strategic guide to designing a life you love*. In

addition to her one-on-one work with leaders, she creates courses for the community at To Love This Life, facilitates retreats in the Rocky Mountains and consults with organizations internationally.

When she's not working, you can find Gemma adventuring the world with her two Suns or curled up in a corner with a book, a journal, her favourite fountain pen, and a nibble of dark chocolate.