

# Resilience: Self Audit

Career transition can be a time when we feel under a lot of pressure, particularly if it has been imposed on us. In the current time of uncertainty, it is particularly important to look after our own wellbeing so that we do not suffer from a stress response. Resilience may be understood as a person's ability to cope with pressure without experiencing a stress response. This self audit is designed as a prompt to help you think about what disciplines you wish to put in place, strengthen or renew during this time.

There are four domains worth considering.

## Physical

Do I get enough sleep?

Do I eat a balanced diet at appropriate times during the day?

Do I drink sufficient water?

Do I exercise regularly?

Do I have any maladaptive strategies in times of increased pressure?

(eg working all night; eating junk food; using caffeine or other drugs as a stimulant; using tobacco, alcohol or other drugs as a relaxant; cutting down on exercise to save time, etc)

## Mental

Do I engage in deliberate learning on a regular basis?

Do I have good problem-solving strategies?

Do I have good mental coping strategies?

Do I cultivate an optimistic outlook?

Do I have any maladaptive strategies in times of increased pressure?

(eg catastrophising; negative self-talk; avoidance; over-indulging in distractions etc)

## Social/Emotional

Do I spend regular time with those most important to me?

Do I attend to, and manage, my emotional responses to events?

Do I have a good support network?

Do I have any maladaptive strategies in times of increased pressure?

(eg withdrawing from others; placing too high a value on self-reliance etc)

## **Spiritual**

Do I make time for meditation regularly?

Do I take the discipline and practice of the religion or philosophy I adhere to seriously?

Do I make time to commune with nature or the arts?

Do I have any maladaptive strategies in times of increased pressure?

(eg denying that this is an important domain to invest time in; indulging in despair, etc)

## **Notes**

This is designed as a prompt for thought - not as an additional pressure... So use it to help identify both the areas you are attending to well, and any that you think would benefit from more attention - and plan accordingly. Don't worry if you answer some questions 'No' - that is entirely normal. Simply ask yourself, honestly, what your answers suggest to you, and what you choose to do as a result.

If you are interested in the research that sits behind the four domains, don't hesitate to ask me.