**Becoming Physically Resilient**

1. **Tune in**

It is important to understand how your level of physical energy affects your resilience. Choose one of the statements below that’s most true for you. My physical energy:

* ***Makes no difference to my ability to think and be resilient***
* ***Impacts my ability to think well or think consistently***
* ***Makes a huge difference to my ability to think. When I’m tired or run down being resilient is so much tougher for me***

2. **The impact on your energy levels**

Now you’re aware that the physical side of things impacts on your ability to think and perform. In the table, there are some physical energy skills which are really important for us.

* For each, rate important each one is for you on a scale of 0 – 10.
* Note down what happens when that physical foundation is low

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| **Physical factor** | **Importance to you (0-10)** | **When this physical factor is low how did it impact your thinking and resilience?** |
| **Sleep (most adults need 7 ½ to 8 hours per night)** |  |  |
| **Nutrition (Eating a well balanced diet and staying hydrated)** |  |  |
| **Active and exercise (Are you active throughout the day? Do you engage in regular exercise?)** |  |  |
| **Rest and recovery (Do you have time scheduled in for rest, recovery and self-care?)** |  |  |

3. **Invest in your physical energy**

Now choose 3 simple things that you’re going to do to invest in your physical energy to ensure you’re resilient. For each, be quite specific with your action, say when you’ll be doing it and when you might most need to do it

* What I’ll do
* When I’ll do it
* When I’ll really need to do this

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| **What I’ll do (be specific)** | **When (start date, how often)** | **When I’ll really need to do this? (Demanding period)** |
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