

MARTY WILSON

7 MINUTES TO RESILIENCE



7 QUESTIONS IN 7 MINUTES

PSYCHOLOGICALLY PROVEN

7 tactics proven to help our minds focus on what works in the middle of stress

QUESTIONS TO INSPIRE SOLUTIONS

7 ways to look at ANY challenge that will start moving you towards a solution



LIFE CAN CHANGE OVERNIGHT WHEN YOU GET YOUR HEAD RIGHT or WHY YOU SHOULD LISTEN TO ME ABOUT GRITTING YOUR TEETH AND DIVING BACK IN...

My gorgeous wife Allie has had what she describes as an ongoing “dance with depression and anxiety” all her life. After the birth of each of our three boys she had an absolutely crippling episode of postnatal depression, to the point where about nine months after the birth of our third child Charlie, I was chatting to Allie over dinner and all of a sudden she burst into tears and slid across the table to me the goodbye letters she had written to myself and all three of our boys.

Obviously that night was full of pretty brutal conversations with a lot of tears. But it led us to dive deeply into the area of resilience and opened up a pathway of continual learning into psychologically proven ways to manage personal behaviour change well.

The following questions are just a sample of some of the ways you can start building your resilience quickly, when you are right in the middle of the mess that all our lives turn into some times.

All the very best,

Handwritten signature of Marty Wilson in black ink on a light blue background.

Marty Wilson

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SEVEN MINUTES TO START BUILDING RESILIENCE

When everything is really hitting the fan, here are seven questions you can ask yourself about “The Current Crisis” that open up psychologically proven ways to build resilient thinking and help you better deal with stress.

1. “Does this problem mean **EVERYTHING** is ruined?”

Psychology: Containment thinking

Works well for: All people, but particularly for perfectionists and those with fixed mindsets.

It’s an incredibly powerful coping skill to realise a total catastrophe in one area of life doesn’t mean **YOUR WHOLE WORLD** is falling in a heap.

2. “At first glance this looks bad, but what are two **OTHER** ways to look at it?”

Psychology: Flexible thinking

Works well for: People who experience extreme feelings and tend to treat paper cuts as a calamity.

Force yourself to work through the options of

What’s the best case scenario?

What’s the worst case scenario?

And what’s the most likely outcome somewhere between those extremes?

If you do, you will start to realise you’re probably jumping to the worst possible conclusion, which can massively increase anxiety.

3. “Who has already lived through this that might have some advice?”

Psychology: Being humble enough to ask for help

Works well for: Anyone feeling isolated by their problems.

Highly resilient people are happy asking for help from their social group when they experience difficulty. That’s why social connection is such a wonderful preventative strategy for people with tendencies to be a bit depressive.

4. “Will this last forever?”

Psychology: Differentiating between permanent and temporary setbacks

Works well for: Times when the disappointment is real and extreme.

There are times in everyone’s life when things really do fall apart. Asking “Will this last forever?” it’s a great way to begin the process of recovering.

5. “What’s one thing we could do right now, however small, that would move this towards a better outcome - even just a little?”

Psychology: Bias for action

Works well for: People who are stuck in their negative feelings about a few failures in a row.

Everyone goes through a bad patch where instead of the Midas Touch, everything they get involved in goes bad. But having a bias for action is the perfect mindset to keep getting up and dusting yourself off. Once you’ve done one tiny thing to improve the situation - even if that is simply apologising for stuffing up in the first place - you’ll be amazed at how the clouds start to disappear.

6. "What's the lesson in this?"

Psychology: Positive reframing

Works well for: When we've personally made a big mistake - and we've done it - studies show that resilient, optimistic people tend to look for a lesson or a message in every failure. Like that old saying "I never lose. I learn."

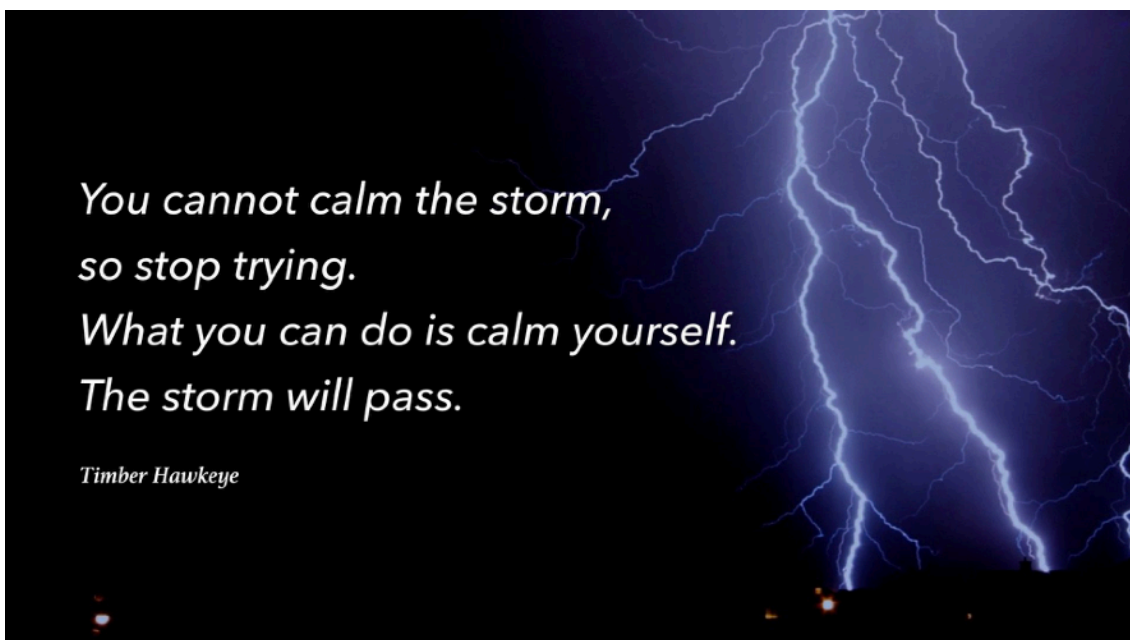
7. "Is this totally out of my control?"

Psychology: Acceptance

Works well for: Everyone

At home, we have a poster up on the wall with this quote by a man called Timber Hawkeye that says "You cannot calm the storm so stop trying. What you can do is calm yourself. The storm will pass."

There are times when you really can't control what's happening - like being stuck in traffic. The only way to cope is to accept what's happening because worrying and fretting will just get you stressed and reaching for the chocolate, cigarettes or double Jack Daniels.



BONUS QUESTION: “In a year’s time, what about this will make us laugh?”

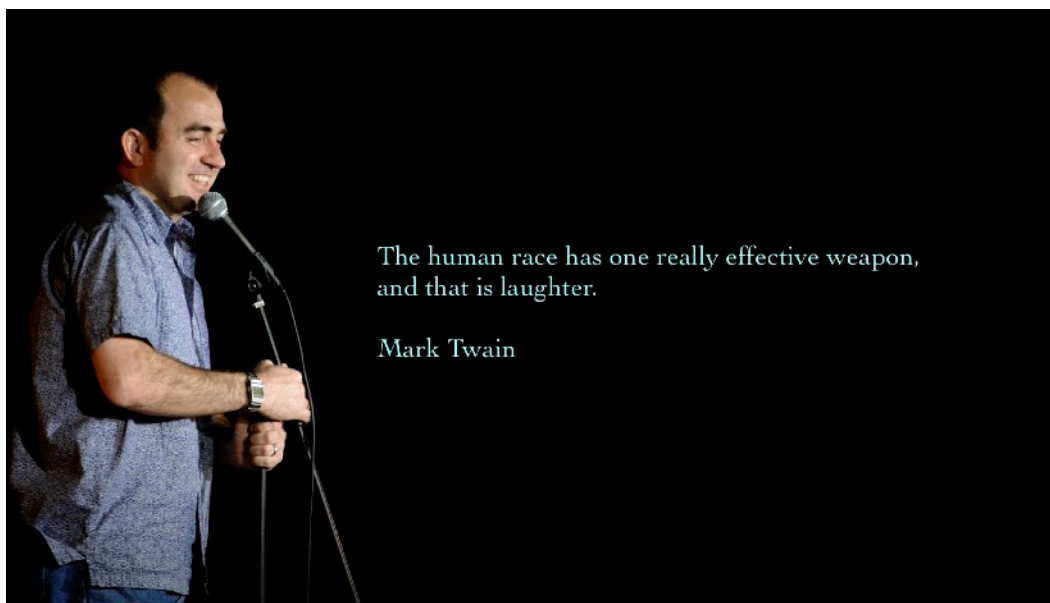
Psychology: Humor

Works well for: Everyone!!

Deliberately looking for humour is a great coping strategy and a powerful tool for resilience, as it diffuses all those stress hormones in our bodies, gets us out of our scripted responses, and has been proven to heighten feelings of control.

As Psychologist Victor Frankl said in his book, *Man’s Search For Meaning*, which was written while he was surviving in a Nazi concentration camp.

“Humour, more than anything else in the human make-up, can afford an aloofness and an ability to rise above any situation, even if only for a few seconds.”



If your workplace is struggling with change - through mergers, acquisitions, restructures or just the frantic pace of modern life - feel free to check out further tips at martinwilson.com