

SIY Leadership Institute Resilience Toolkit

Resilience Practice	How to Do	When to Use
Mindful Breathing: "Box Breathing"	4x4x4 Breathing	Promote immediate sense of calm, on demand
Attention Training	Focused attention on process of breathing	Reset attention, Promote mental clarity
3 Breath Micro-Practice	Attention to breath; Relax body; Ask, "What's important now"	Promote calm, Re-focus on priorities
Ergonomic Ratio	Sit 30 min; Stand 8 min; Stretch 2 min	Stay physically energized, minimize strain on body
Response Flexibility: SBNRR	Stop, Breathe, Notice, Reflect, Respond (vs. React)	Change default ways of reaction
Body Scan	Bringing attention to specific areas of body and "scan" with attention	Promote Relaxation, Insights - thoughts/emotions
Gratitude Practice: 3 Good Things	What went well? What was my/our role in it? What do I wish to go well?	When feeling discouraged When needing to shift perspective
Self-Compassion: Kindness to self	Mindfulness, Common Humanity, Kindness	Promote learning, motivation, sense of stability and peace
Micro-practice: Acceptance	Breathing in, I do my best, Breathing out, I let go the rest	Mental reminder when feeling critical of self

