

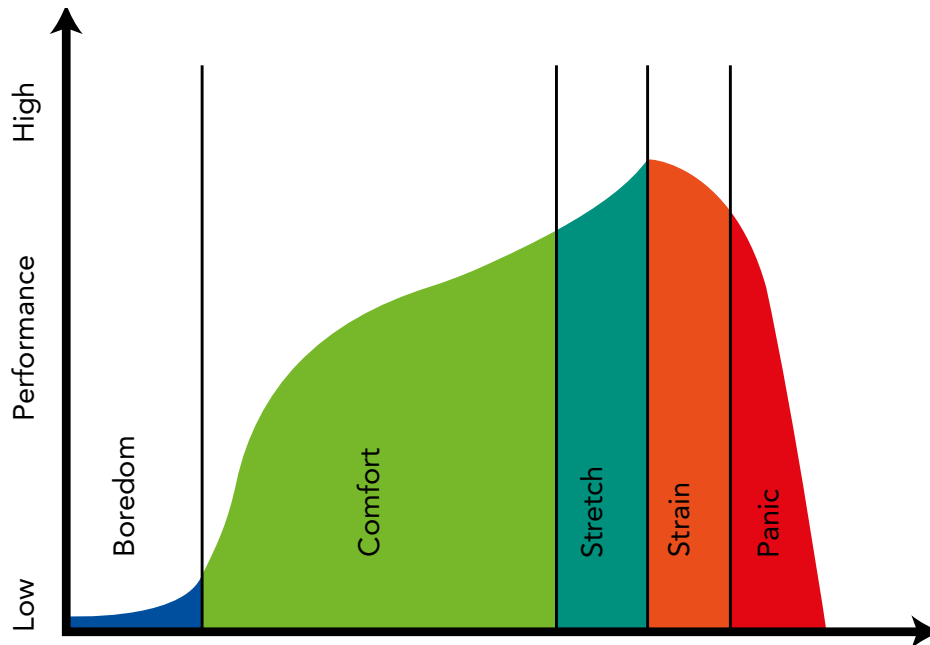


# RESILIENCE CHALLENGE

## Personal Training Plan

# Getting started

Pressures in life are inevitable, but we react to pressure in two ways – they lead to personal growth if we believe we can manage them effectively, or they cause stress if we feel we cannot cope with them. Stress arises from how you perceive a situation. If you see yourself as being unable to cope with the demands of a situation that situation becomes stressful. The diagram below demonstrates the relationship between pressure and performance, it reminds us that we need a certain amount of pressure in order to achieve and be effective, but too much pressure causes strain and stress.



**A person, who is more resilient, copes better with pressure. They:**

- Demonstrate confidence, adaptability and flexibility, even in a fast-paced, pressured and culturally diverse environment – mental well-being.
- Display energy and stamina in meeting challenging goals – physical well-being.
- They can implement their coping techniques well because they also understand their signs and symptoms of stress.

This 4-week plan is incredibly simple to follow. All you need to do is to build mental and physical coping strategies into your daily life. You don't have to do them all at once. At the start of each week plan what you are going to do on each day. Then week-by-week gradually build up the amount of statements you want to use.

Track your progress using your personal training plan (shown on the next page) – print it off and stick it on your fridge, or in a visible place.

Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.

## Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.

Week 1	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Write to do lists before you go home each evening to clear your mind							
Have a lunch break, eat slowly, sit down and don't work							
Spend at least 10 minutes each day doing nothing.							
Say thank you at least once each day							
Sleep for 6 to 8 hours without disturbance							
Accumulate 30 mins* of moderate intensity activity.							
Practice healthy coping skills daily**							

Week 2	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Write to do lists before you go home each evening to clear your mind							
Have a lunch break, eat slowly, sit down and don't work							
Spend at least 10 minutes each day doing nothing.							
Say thank you at least once each day							
Sleep for 6 to 8 hours without disturbance							
Accumulate 30 mins* of moderate intensity activity.							
Practice healthy coping skills daily**							

Week 3	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Write to do lists before you go home each evening to clear your mind							
Have a lunch break, eat slowly, sit down and don't work							
Spend at least 10 minutes each day doing nothing.							
Say thank you at least once each day							
Sleep for 6 to 8 hours without disturbance							
Accumulate 30 mins* of moderate intensity activity.							
Practice healthy coping skills daily**							

Week 4	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Write to do lists before you go home each evening to clear your mind							
Have a lunch break, eat slowly, sit down and don't work							
Spend at least 10 minutes each day doing nothing.							
Say thank you at least once each day							
Sleep for 6 to 8 hours without disturbance							
Accumulate 30 mins* of moderate intensity activity.							
Practice healthy coping skills daily**							

\*minimum

\*\*massage, yoga, relaxation, Pilates, book reading or other calming activities

REVIEW	WEEK 1	WEEK 2	WEEK 3	WEEK 4
My total points				