

# BE STRONG

Eat.Move.Live

# THE KNOWLEDGE

## OVERCOMING TOUGH TIMES

If we experience tough times, it reduces our resilience and ability to stick with our plans and goals, giving us reason (or excuse) to say, 'Sod it!' and reach for the biscuit tin, wine, ice cream, or maybe all three. So, we need to put together a resilience toolbox, to turn to when we are struggling, to help us refocus, get back up, get back on track and keep going in the direction that we want to.

### YOUR RESILIENCE TOOLBOX

- 1 BREATHE** Giving yourself the chance to stop and take a breath (figuratively speaking) helps to give yourself some mental space and perspective. Then there's the benefits of actually doing some breathing exercises. Just focusing on your breathing as a mindfulness practice, can help calm your nerves and bring clarity to your thoughts.
- 2 GET PERSPECTIVE** Whether that's perspective on your progress so far, your current situation, your situation in comparison to others, or asking someone else for their thoughts on your situation, all help to put things into perspective and work out a clear path forward.
- 3 REMEMBER THIS IS TEMPORARY** Nothing lasts forever and the hardship you are presently experiencing won't last forever either. Whatever you are trying to achieve won't remain hard forever and as with any skill we try and master, it will get easier.
- 4 RESET AND GET BACK UP QUICK** If you fall off the wagon or you make a huge mistake with something, accept it, you are human, it happens. The best reaction is to get back up quick, and get back on track. Rather than wallowing in self-pity about why you're so rubbish, just get on with it again.
- 5 SURROUND YOURSELF WITH POSITIVITY** If we are surrounded by negative people and influences or things that make you feel bad, it only serves to drag you down. By surrounding ourselves with the people who encourage us to be the best versions of ourselves they feed our enthusiasm and drive to achieve our goals. It may mean distancing from some people for a short time, just until you are feeling more resilient.
- 6 BE PREPARED TO LEARN FROM MISTAKES** Our tough times might be caused by things beyond our control, or by our own mistakes. If that's the case, learn from the mistakes – reflect... why did it happen? What did I do that caused this? What can I do differently? How can I react differently? Am I choosing the right method and plan? Am I doing what I planned to do? Only when we accept responsibility will we learn, grow and move on.
- 7 BREAK BEHAVIOUR CYCLES** Acknowledge when and where your danger zones are? Do you have triggers for certain bad behaviours? How can you interrupt the performance of these routines, to stop you sinking into a spiral of bad behaviour?

You are never alone in having tough times. Know that there is a community of people around you at Be Strong ready to get you through it, with advice, support and maybe a kick up the bum.

If you are struggling right now, take a step back and breathe, then take back control of your situation, however you are able to. Ask for help! There are people who will be able to help you. And if you are on top of the world, take some time to think what makes you feel good and add those tools to your resilience toolbox for when you need them.