

# Resilience Spotlight

## NGB Ready & Resilient Schoolhouse



### *MRT Skill: Real-Time Resilience*

#### *What is the skill?*

Real-Time Resilience is a quick skill to help us shut down counterproductive thinking, build confidence, and enable greater focus on the task at hand.

#### *What competency does the skill build?*

Real-Time Resilience builds **Optimism** by helping us stay realistic and hopeful as well as focused on what we can control in order to counter unhelpful thoughts and build our confidence.

### Fight Back

In the moments when it counts, when we are about to perform and we need to be at our best, we need our brain to be on our side. Unfortunately, sometimes our thoughts can be our own worst enemy.

When our own thoughts are getting in our way before or during a performance, we need to be able to fight back and eliminate those unhelpful thoughts so we can get back to doing what we need to get done.

### Choose your Fighter

Use one of the following three strategies to shut down your counterproductive thoughts.

Use the associated **Sentence Starter**, if you want, to get your response started in the right direction.

#### Evidence

Prove your thoughts false with facts

*"That's not (completely) true because..."*

#### Put it in Perspective

Focus on what is most likely to happen and plan for it

*"The most likely implication is...and I can..."*

#### Optimism

Shift your perspective to see a brighter side

*"A more optimistic way of seeing this is..."*

### Trust your Gut

Mistakes can happen, so keep an eye for **Pitfalls** and **Weak Responses**. If your response doesn't pass your gut check, try again!

Dismissing the Grain of Truth

Minimizing the Situation

Rationalizing your Contribution to the Situation

Weak Response

### Apply it

*Counterproductive thoughts getting in your way?*

#### Tune into your Thoughts

When you catch your thoughts working against you, use **Evidence**, **Optimism** or **Put it in Perspective** to fight back in the moment.

#### Start Slowly

Use the **Sentence Starters** to help you get your thoughts going in the right direction.

#### Do-Overs Allowed

If you catch yourself making a mistake, falling into a **Pitfall** or using a **Weak Response**, simply try again.