

# The Resilient Leader Reset

RESILIENCE COACHING AND CONSULTING

*Resilient leaders*

*Thriving organizations*

6 micro practices for staying grounded through non-stop change



## 01 Change your position

Get up and move. Walk around the room, step outside if you can. Change your geographical location to provide perspective and shift your mental state - the body and mind are connected systems.



## 02 Come to your senses

Pause and bring your attention to all five senses. Sense your feet on the ground, your body's contact with the chair or floor. Notice sounds around you. Welcome light, shapes, color. Observe taste and smell that is present. Breathe normally, letting all 5 senses open to what's present.



## 03 Ground your energy

Bring your attention to the lower body. Rotate your ankles and stretch your toes. Bend your knees. If possible, stand and move through a few lunges to bring more energy into the hips and legs. The intention is to move energy from a busy, overactive head into the lower body, steadying your nervous system from the ground up.



## 04 Hand on heart

Place one or both hands over your heart. Feel the heart beating. Notice the breath expanding into the chest and ribcage. Rock the heart a little side-to-side. Stay for 5 or more breaths.



## 05 Elongate the exhale

A long exhale activates your parasympathetic nervous system - the part that stimulates rest and recovery. Slow the breath down a little and let your exhale extend a little longer than your inhale. A simple ratio to follow is 4 counts in, 6 counts out. Trying humming or singing a simple song from your childhood. You may experience a noticeable shift after 5-7 breaths or one verse of a song.



## 06 Forward Folds

Forward folds are calming to the nervous system. From a standing position, hinge at the hips, resting your hands/arms on the seat of a chair. Keep your knees slightly bent. Linger here for a bit, focusing on your feet and letting your head feel heavy. Stay for a few breaths and then press into your feet to rise up slowly, keeping knees bent. Repeat if desired. Forward folds can also help to release the low back.

Experiment with one or more practices to explore what works best for your nervous system. Layering two or more practices can amplify your experience. This is brain training in action! Keep practicing!

