



DARYL ELLIOTT GREEN'S

TOP 7

RESILIENCE LESSONS

HOW TO SURVIVE A
REAL LIFE FIRESTORM

RESILIENCE is our ability to deal with adversity. It allows us to cope, continue, accept and bounce back. And the good news: resilience can be developed. It can be grown to a stage where we can overcome obstacles, face challenges and deal with catastrophes. With resilience, something we might have thought impossible becomes possible.

THINK

1

Resilience is returning to strength

Life throws us many challenges. Some events can knock us down into a pit of sadness, pain and despair. At these times you don't feel strong. That's okay, it's normal. Resilience is our ability to pick ourselves up, keep going, accept setbacks and move forward mentally and physically. In time, we work our way out of the pit. When we overcome events that seem insurmountable, we return to strength, emerging wiser and more resilient than ever.

2

Don't focus on what's unfair, focus on the future

Life is unfair, full stop. We can't rewind time or undo unjust actions, decisions or opinions. Harboring bitterness and anger will only do you harm. Acceptance is a golden quality. It allows you to move on and do the next most important thing: focusing on designing, creating and living a fantastic future.

DO

3 Reach out

We all need help be it with our tax, failed plumbing or a computer glitch. Sometimes events occur and we just don't understand our thoughts and feelings or know what to do. This can be overwhelming and you may feel weak, inadequate, even pathetic. This is the precise moment to reach out for help. Carefully choose your words, the person to help you and the time to reach out. In life, particularly in a time of crisis, reaching out for help is the smartest, most courageous and life changing thing you can do.

4 Tap others experience

Whatever your situation, someone else will have experienced what you're going through. Be it divorce, death of someone close, illness or horrific violence or trauma. Finding someone with a similar story who has come out the other side can be powerful. You learn your feelings are normal, what you can expect, courses of action open to you and simply that there is light at the end of the tunnel.

5 Challenge yourself

A story, vision or smell can bring back dark demons from a terrible time in our life. Running or hiding from the demon provides temporary relief. Challenging the demon is daunting, but empowering. If you've been involved in an horrific motor vehicle accident, you might take an advanced driving course, or, if you've been shot like me, you might become a firearms instructor as I did. It's far from easy to conquer that demon but the blood, sweat and fear is worth every ounce of pain to re-establish control of your life.

6 Adopt my G.R.I.T. formula: Goals + Roadmap + Innovate + Time

We learn stories about people's lives and say, 'Thank God that's not me.' Well, the scenario that is a policeman's worst nightmare – a firearm pointed at your face and being shot – happened to me. I was then to face countless David vs Goliath battles over many years. Strangely enough, I ended up succeeding because I worked out there was a formula to what I was doing. It involved setting goals, acting on a roadmap, innovating when things out of my control skewed plans and appreciating that time and patience were critical to being gritty. Best of all, following this formula lets us finish in triumph!

7 Renew

The emotional toll of an event can be even more draining than the physical toll. Just like a car, you've got to refuel your energy tank. To keep going is critical to resilience and to do this you need to renew yourself. Plans and action lists are essential to making a path through the haze of a catastrophe as is making sure we put time aside for renewal.

DO THESE:

- | | |
|---|------------------------------------|
| ✓ Get quality sleep | ✓ Relax |
| ✓ Enjoy nutritious food | ✓ Laugh |
| ✓ Exercise regularly | ✓ Socialise |
| ✓ Minimise stressors by climbing one mountain at a time | ✓ Do things you enjoy regularly |
| | ✓ Create things to look forward to |

BULLETPROOFING TEAMS AND LEADERS!

To discuss engaging Daryl to talk or deliver workshops or programs, contact:

M +61 (0)410 667 469

E daryl@twiceshot.com

A P.O. Box 104 Wavell Heights QLD 4012 Australia

twiceshot.com

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