

• Welcome everyone! We will start in a few minutes

• Feel free to turn your camera on if bandwidth allows

• Have a pen and paper ready

• We will share a one-page summary

• Get ready to share and interact!

RESILIENCE BOOSTER

M25 Consortium of Academic Libraries
With Thierry Moschetti
Partner The Resilience Institute Europe

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RESILIENCE IS A LEARNED ABILITY TO...



- Bounce**
Toughness and recovery skills
- Grow**
Enthusied by change and challenge
- Connect**
Respect and care for others & nature
- Flow**
Develop talents & opportunities

Enabling body, heart, mind and spirit

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2 KEY MESSAGES

- 1. TAKE CARE OF YOURSELF TO BETTER TAKE CARE OF OTHERS**
- 2. SIMPLE ROUTINES MATTER**


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10 PRACTICAL STRATEGIES



- Spirit in Action
- Train Mind
- Engage Emotion
- Energise Body
- Master Stress

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THE RESILIENCE SPIRAL

Spirit in Action
Train Mind
Engage Emotion
Energise Body
Master Stress

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CREATE CALM

#1 - Tactical Calm
3 seconds IN, 5 seconds OUT

2020 TENNIS WORLD NO.1 DJOKOVIC

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CREATE CALM

#2 - Reduce distractions

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THE RESILIENCE SPIRAL


Spirit in Action
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BUILD ENERGY



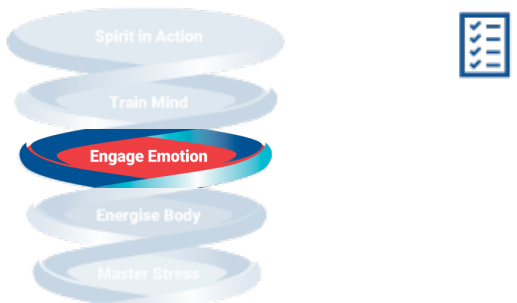
- #3 - Avoid screens 1 hour before bedtime
- #4 - Practice Powernap
- #5 - Stretch every day

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THE RESILIENCE SPIRAL



- Spirit in Action
- Train Mind
- Engage Emotion**
- Energise Body
- Master Stress

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BOOST POSITIVE EMOTIONS




- #6 - WWW exercise, every evening
- #7 - Power Thank You

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THE RESILIENCE SPIRAL




- Spirit in Action
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8 - Center yourself 5 minute every day


9 - CCC

Mind Full, or Mindful?

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#10 - Identify my core values and use them as a lighthouse

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10. IDENTIFY MY CORE VALUES & USE THEM AS A LIGHTHOUSE
9. CATCH – CHECK - CHANGE
8. FIVE MINUTE CENTERING EVERY DAY
7. POWER THANK YOU
6. "WWW" EVERY EVENING
5. STRETCH EVERY DAY
4. PRACTICE 20-MINUTE POWERNAP
3. AVOID SCREENS 1H BEFORE BEDTIME
2. REDUCE DISTRACTIONS
1. TACTICAL CALM BREATHING

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**“FREEDOM IS WHAT WE DO
WITH WHAT IS DONE TO US.**

Jean-Paul Sartre



Thank You!

Thierry Moschetti



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More resources on
www.resilience-institute-europe.com

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