

Developing Resilience in Times of Change - a daily energy mapping practice

Developing resilience (being curious, optimistic and motivated) requires regular practice. We need to call upon and develop all our reserves of energy, preferably daily and particularly during times of struggle.

In order to harness resilience we need to pay attention to our five energy sources – soul, body, heart, mind and spirit. Consciously (at first) completing deliberate activities in each of the five areas.

These can be short and sharp intentions such as; taking a five minute break (soul), going for a walk at lunchtime (body), sending a message to a friend (heart), reading an article (mind) and expressing your values at a meeting (spirit).

The trick is to ensure you nourish all areas in a deliberate fashion. Doing what you have always done will only maintain (rather than boost) your levels of resilience. For example, if you often go for a walk at lunchtime bring in some inconsistency. Go faster, go slower, take different routes or stop halfway for a break.

Classically with any change think about what you will do and what you won't do. Position your task as – I will eat a healthy lunch, or I won't have cake at lunchtime. Do or do not.

Completing tasks with yourself in mind boosts your own levels of resilience (energy in). As and when you are ready you can also boost the resilience of others (energy out). Here you commit to activities that are with or for someone else, and in doing so you reap the rewards also.

Energy Mapping

Energy source	You (energy in)	Others (energy out)
Spirit (being, meaning, intentions)		
Mind (thoughts, learning, knowledge)		
Heart (feelings, emotions, compassion)		
Body (physical, security, skills)		
Soul (grounded, centred, relaxed)		

'Locate your reserves of energy and any arid areas. You might need better irrigation systems. A reservoir of intellectual energy for example might be called on to nourish a famine in your physical domain.'

Haden, Stuart. It's Not About The Coach, 2013.