

Juggling the Balls – Tips for Building Resiliency

Get clarity about what you want in life

- You only have one life to live – be clear about what is **really** important to you
- Take a bit of time out from time to time to reflect on whether your current choices reflect what you really want out of life
- It is your life – there's no need to live to the expectations of others
- Think long-term – what sort of example do we want to set for our children and grandchildren?

Work out how much you really can do

- Unless we want to drive yourself into exhaustion, get real about how much one person really can do
- It's not a fixed thing – there are times in our lives when we're more able to do more, times when we have to pull back and do less
- It's ok to get outside help! Success is recognising limitations and allowing for them. There are no prizes for doing everything all of the time. If there are too many balls, it may not be possible to keep them all in the air all of the time. Some of the balls may need to be passed to someone else
- Learn how to say "No" - some balls may need to be quietly placed on the ground
- Practise saying "No"
- Be at peace with saying "No" – let it go.....

Get the basic foundation of health sorted

- Being physically fit gives us more energy - boring but true
- Start exercising with something you love to do – it'll be easier that way
- Get a pedometer and do 10,000 steps a day
- Winter is the hardest time to maintain exercise – build strategies to keep exercising in the winter
- Shop wisely – eating healthy, nutritious food is economic
- Cook wisely – eating healthy, nutritious is easy to prepare in less than 10 minutes
- Get to bed at a decent hour – we can't operate well when we're dog tired
- Get a good night's sleep
- There has to be some time for just having fun
- When things aren't working right – get them sorted !!!! There are people who can really, really help with a whole lot of things. If you haven't been to the doctor for a while – it might be a good thing to have a check up – it is surprising just how often people really suffer unnecessarily when there are treatments available

Develop Positive Thinking Habits

- We are what we think...
- We **can** change our attitudes by changing our thinking....
- Notice what happens when we start the day thinking “it’s going to be a hard day today...”
- Notice what happens when we change that to “it’s going to be a challenge today, but I’ll get through it, bit by bit....”
- Get rid of the words like “not”, “can’t”, “don’t”
- Remember the pink elephants – if we say “I don’t want to think about pink elephants” – that’s what we think about. Change the words you run through your head
- If we say “I’m going to get this done”, “I’m going to get my life sorted”, “I love having children who pick up their clothes off the floor”...that’s what you’ll eventually get
- Focus on what you **want** to achieve ... rather than what you **don’t** want. Whatever you focus on is what you create.
- Be clear with others about your needs and what you want of them

Build Resiliency

- Resilience is the bounce-back factor – like the wobbly doll – you knock it over and it bounces right back again. The people who are successful are just like that – and the great thing is – is not something you’re born with – you can learn to be resilient
- Draw inspiration from others. Listen to the stories other people have to tell of their tough times – we are surrounded by heroes – remember to stop long enough to listen to what they have to say. Inspiration isn’t a five-minute wonder. It’s the power of someone to keep up going in good times and bad. But we do have to expose ourselves to what they have to say - constantly
- Keep reading inspirational books, tapes, CDs, DVDs. Inspiration needs to be fed and watered regularly
- We’re a community of people – we can draw strength from one another. How often do we struggle with something, maybe for years, only to find that someone else really close to us has exactly the same problem and we could have helped each other??? Share the loads...
- Remember that no-one, no-one has it all together, all of the time. Everyone has ups and downs – you’re not alone even if you feel you are. Reach out to others – they really can help!
- The journey to success is often long and slow – the people who succeed are those who can bounce back from life’s trials...slow and steady often wins the race. Be like the incy-wincy spider:

***The Incy-wincy spider climbed up the water spout
Down came the rain and washed poor Incy out
Out came the sun and dried up all the rain
And the Incy-wincy spider climbed up the spout again***