

Resilience Safety Nets

LUEMO
WORKPLACE WELLBEING

Resilience safety nets are helpful 'go to' thoughts, behaviours, habits and connections that we can call on when we are faced with stress or adversity - they are our back up in life!

Resilience safety nets are good for supporting our mental health and wellbeing. Just like a safety net under a trapeze, resilience safety nets play two important roles in life: they provide us with a level of psychological reassurance that we have back up (even if we never need it); and secondly, we can call on these safety nets to 'catch us' if indeed we need help. These are two very valuable concepts that underpin our confidence to participate in life without fear and be able to recover if faced with a set back.

Do you know if you have resilience safety nets? Can you identify them? Do you consciously build and maintain your safety nets?

Safety nets will differ from person to person and it's good to develop a number of them to support your mental health. Here are some ideas that might be safety nets for you:

- ✔ **Supportive connections and relationships** – such as friends, family, work colleagues, partner, a mentor or counselor.
- ✔ **Strong physical health** – such as the ability to move, run, ride, swim.
- ✔ **Mind management skills** – meditation, journaling, or prayer that can help reframe experiences, stop rumination, and negative thoughts.
- ✔ **Knowledge of self** – an understanding of your values, goals, and purpose so that you can put negative experiences into perspective, so they don't overshadow the good parts of life.
- ✔ **Practical** – savings in the bank, employable skills, a stable home base.

(Resilience Safety Net cont.)

Review your current reaction to stress or adversity. Think about your past experiences and be honest with yourself about how you react. Don't be ashamed of your behaviour – show yourself some compassion and make a pact with yourself to do something different next time. Try finishing these sentences:

“When I’m stressed I …. Drink? Gamble? Get angry? Withdraw? Blame others? Eat too much?”

Let’s aim to change that thinking to include your safety net...

“When I’m stressed I ...Go for a long hike? Garden? Talk to my coach? Meditate? Refocus on my life values and goals?”

It’s important that we work on building and maintaining our safety nets, they rarely just magically appear. It takes work to put them in place so let’s make a start!

➔ [Explore more on Luemo](#)



Want to help your managers develop their resilient leadership skills so they get better outcomes for your organisation?

The Luemo GLO Leadership Program will help them build self awareness and build practical skills.

Programs include:

- ✓ Individual leadership coaching sessions
- ✓ Personal development assessments and comprehensive report
- ✓ Small group sessions to cover key leadership concepts
- ✓ Buddy-up sessions and Giddy-up calls to keep up momentum
- ✓ Take home resources
- ✓ 3 week or 16 week formats; virtual and in person delivery

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