

Stitch It Up!

Build Mental Resilience | Overcome Adversity





STIMULUS

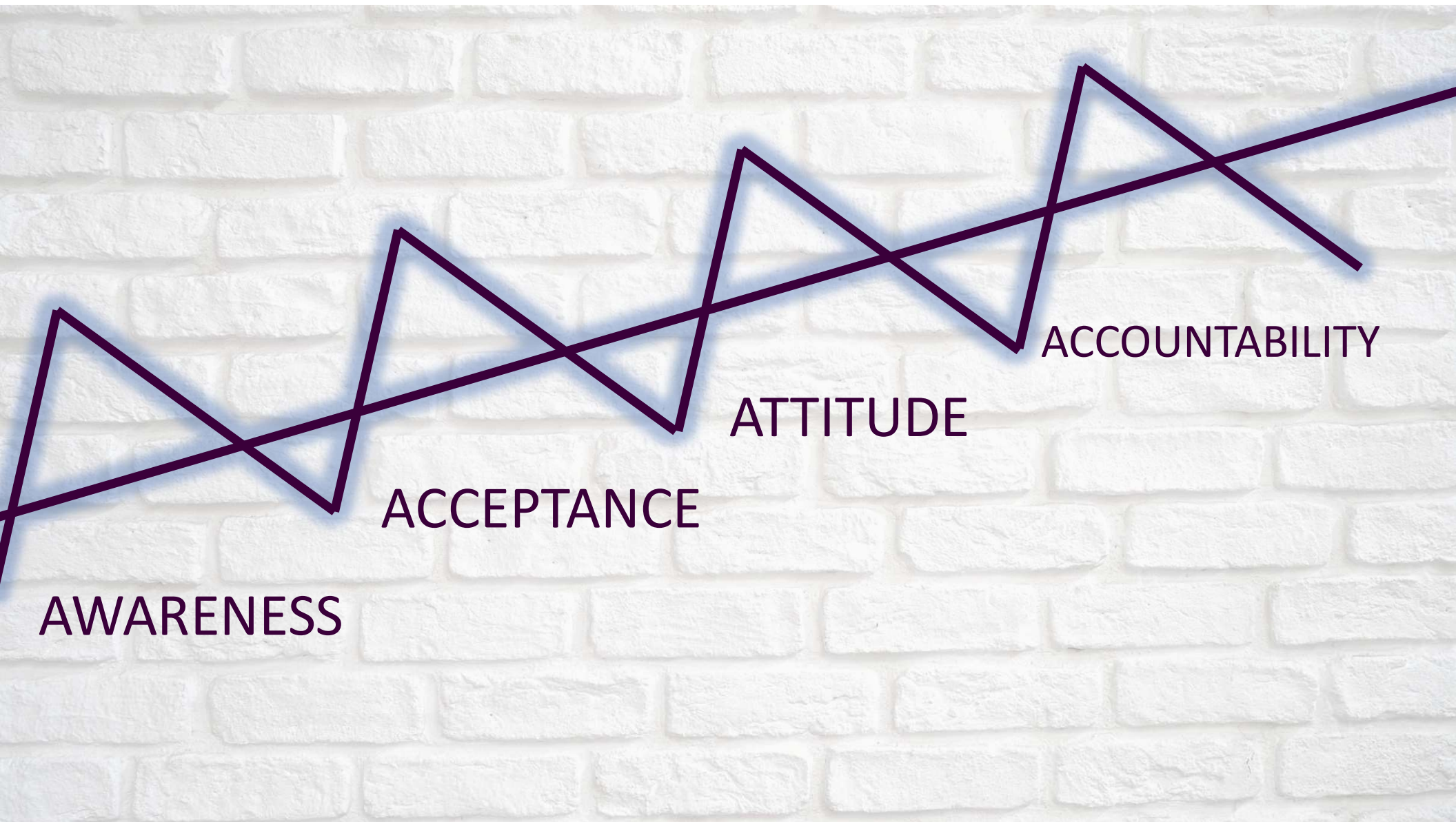


SPACE



RESPONSE





Self-Reflection

Write down 2-3 examples of stressors you experience regularly.



AWARENESS



5 Big Influences

**Make a list of who has given you
the lenses you wear every day.**



Get Ready to Stretch Your Awareness!

Shout out as many “lenses” as you can think of for what is happening in each photo...

The background of the image is a white brick wall with a visible mortar pattern. The bricks are rectangular and arranged in a standard running bond pattern.

**Get Ready to Stretch Your
Awareness!**

Starting in

3...

The background of the image is a white brick wall with a visible mortar pattern. The bricks are rectangular and arranged in a standard running bond pattern. The lighting is even, highlighting the texture of the bricks.

**Get Ready to Stretch Your
Awareness!**

Starting in

2...

The background of the image is a white brick wall with a visible mortar pattern. The bricks are rectangular and arranged in a standard running bond pattern.

**Get Ready to Stretch Your
Awareness!**

Starting in

1...

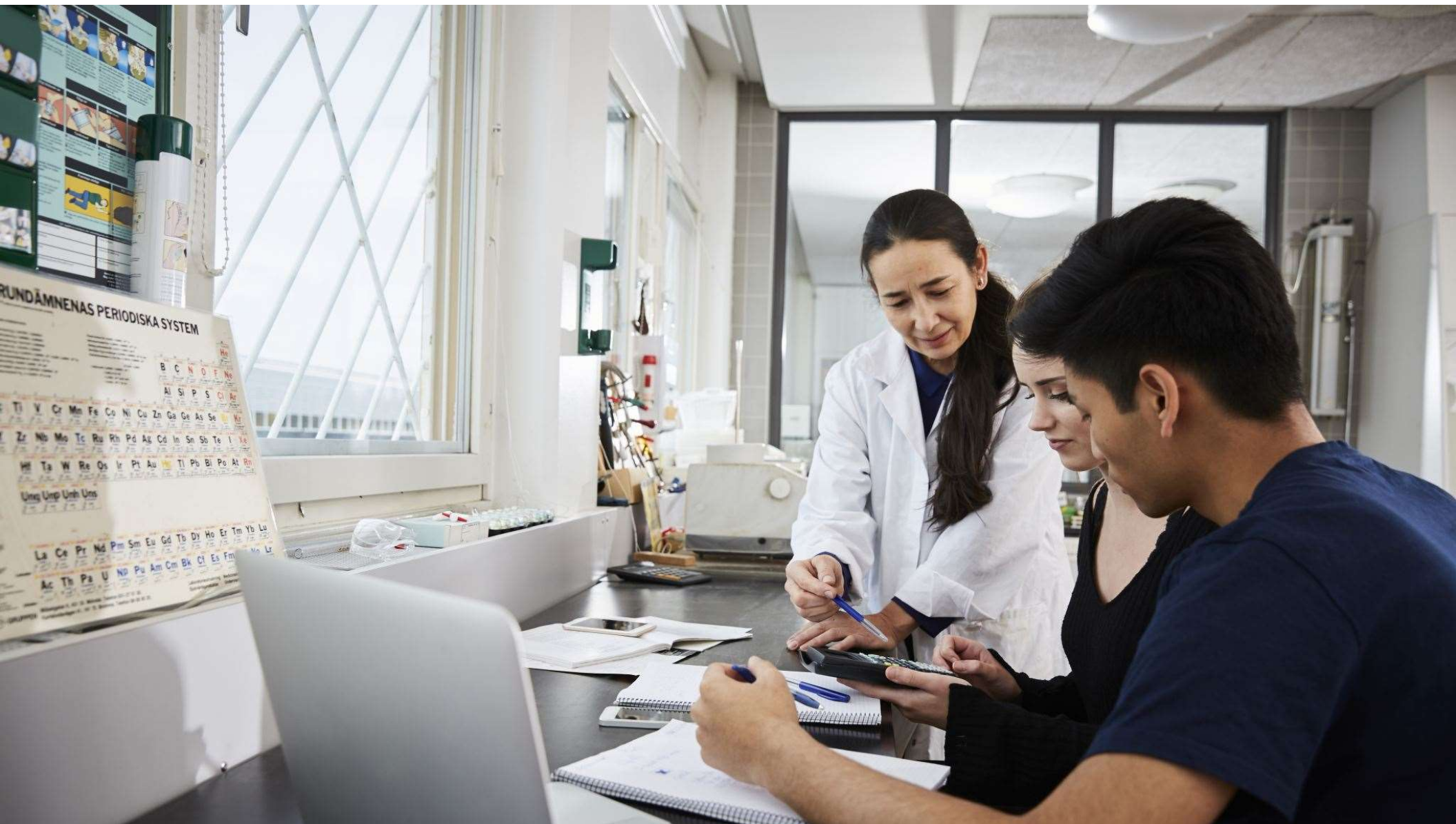








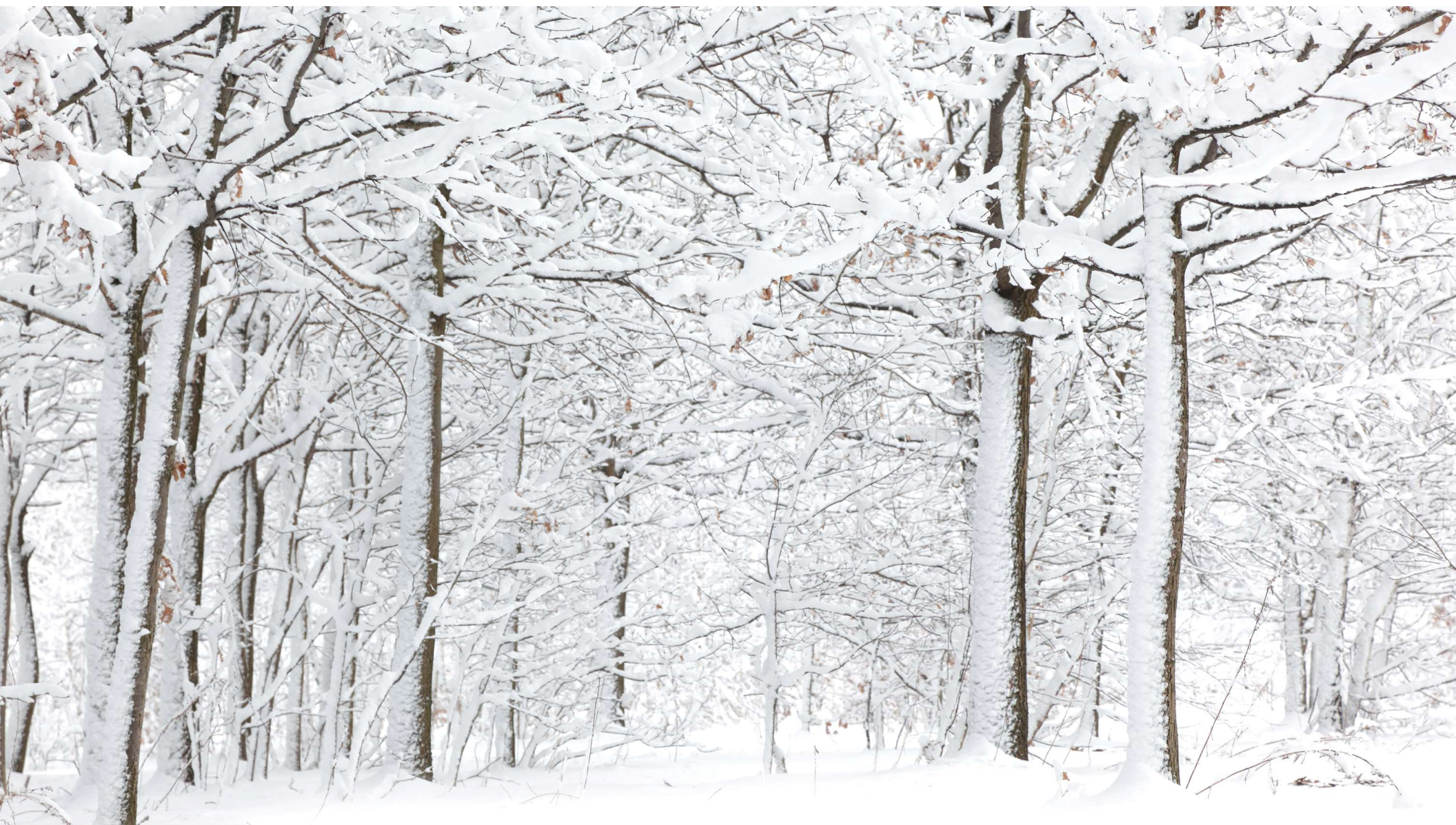












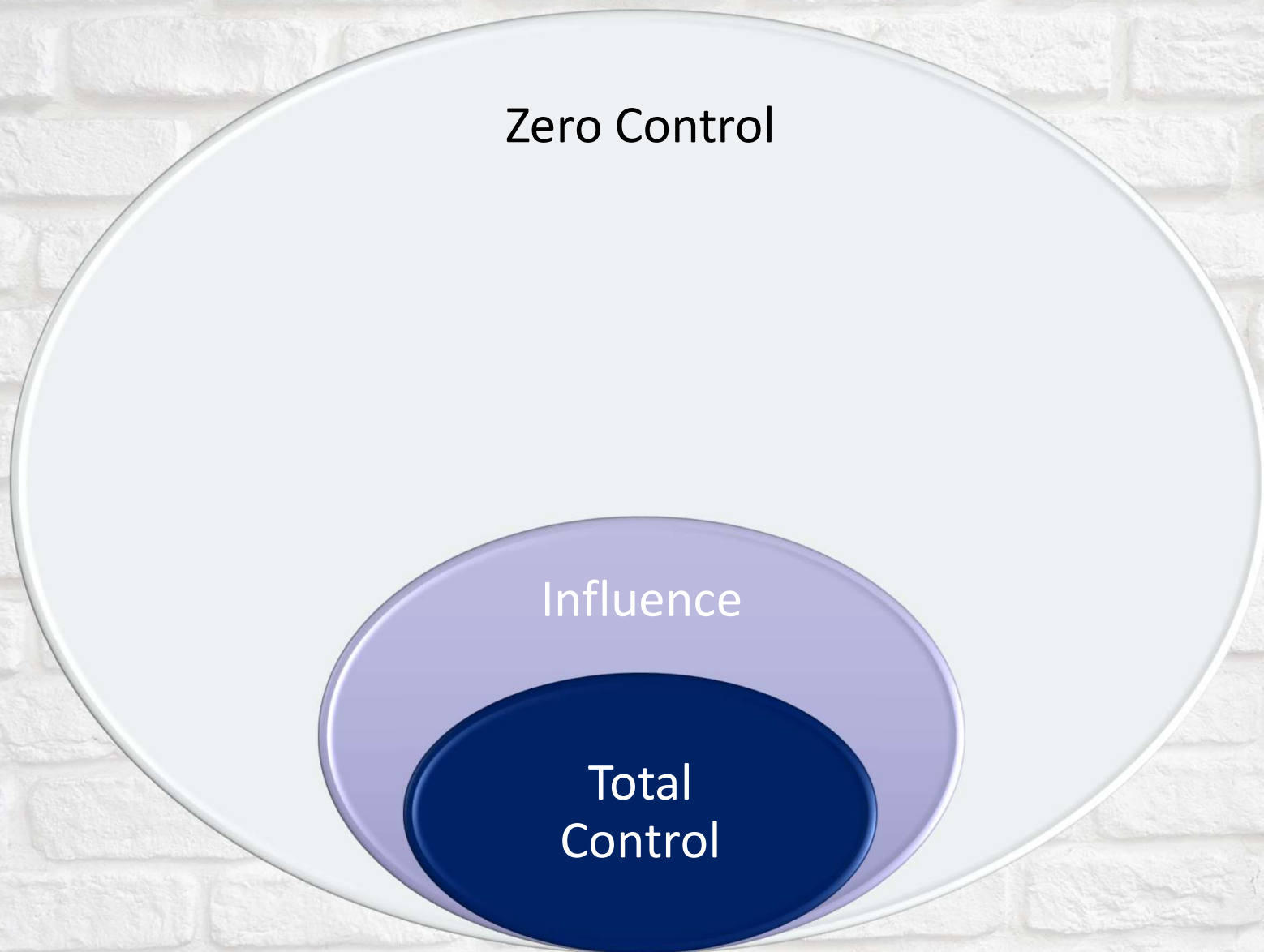
The background of the slide is a white brick wall with a repeating pattern of rectangular bricks and light-colored mortar joints. The text is centered on this background.

Self-Reflection

**How can you change the way you
look at your stressors?**

ACCEPTANCE





Self-Reflection

What is one thing you need to let go of?

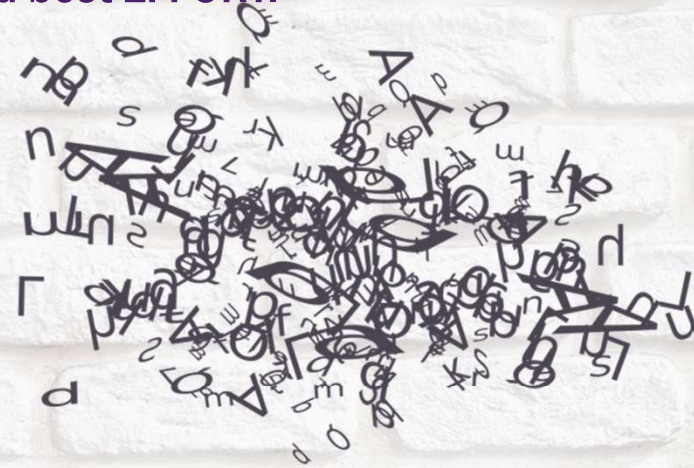
**What is one thing you need to take
ownership of?**



“Because life is BETTER when you **LAUGH** about it.”

HEAL “Because life is TOO SHORT for open WOUNDS.”

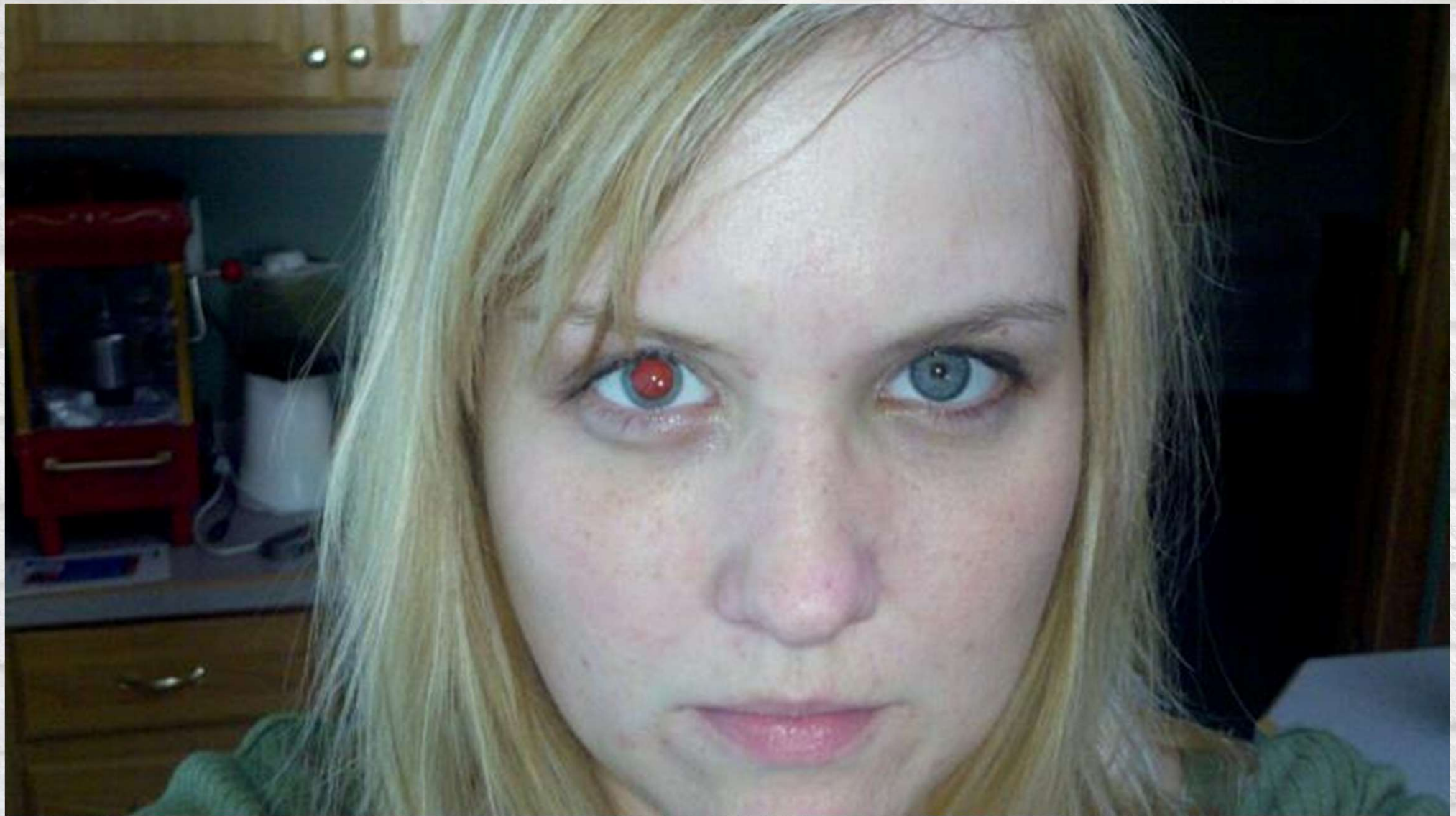
“Because life deserves your **FOCUS**, and best EFFORT.”



ATTITUDE











eustress

The background of the entire image is a white brick wall with a visible mortar pattern. The bricks are rectangular and arranged in a standard running bond pattern.

“The world is full of...

What do you want to see more of?

”

Self Reflection

Check your Self-Talk!

Write one affirmation or mini-mantra for one of your stressors.

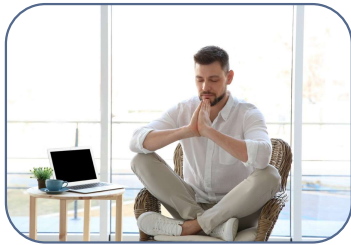
ACCOUNTABILITY







Journaling



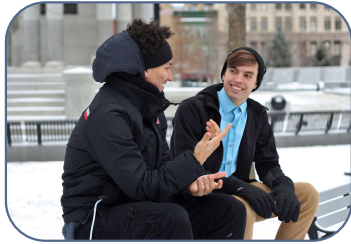
Meditating



Prayer



Exercise



Conversation
with a Partner



Conversation in
the Mirror



Practice Mental Fitness



Pair Up!

Discuss the following questions...

- **What are the biggest stressors your teams are facing right now?**
- **How can you help those you lead to “stretch the space” on the job?**
- **Brainstorm ideas and find 1 or 2 you can implement right away.**



Stretch the Space &
Stitch It Up!



How was my talk?

Take 2 mins to share your feedback!

Scan this QR Code or go to talk.ac/lena



enter code when prompted:

TALK

Let's Stay In Touch!

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