

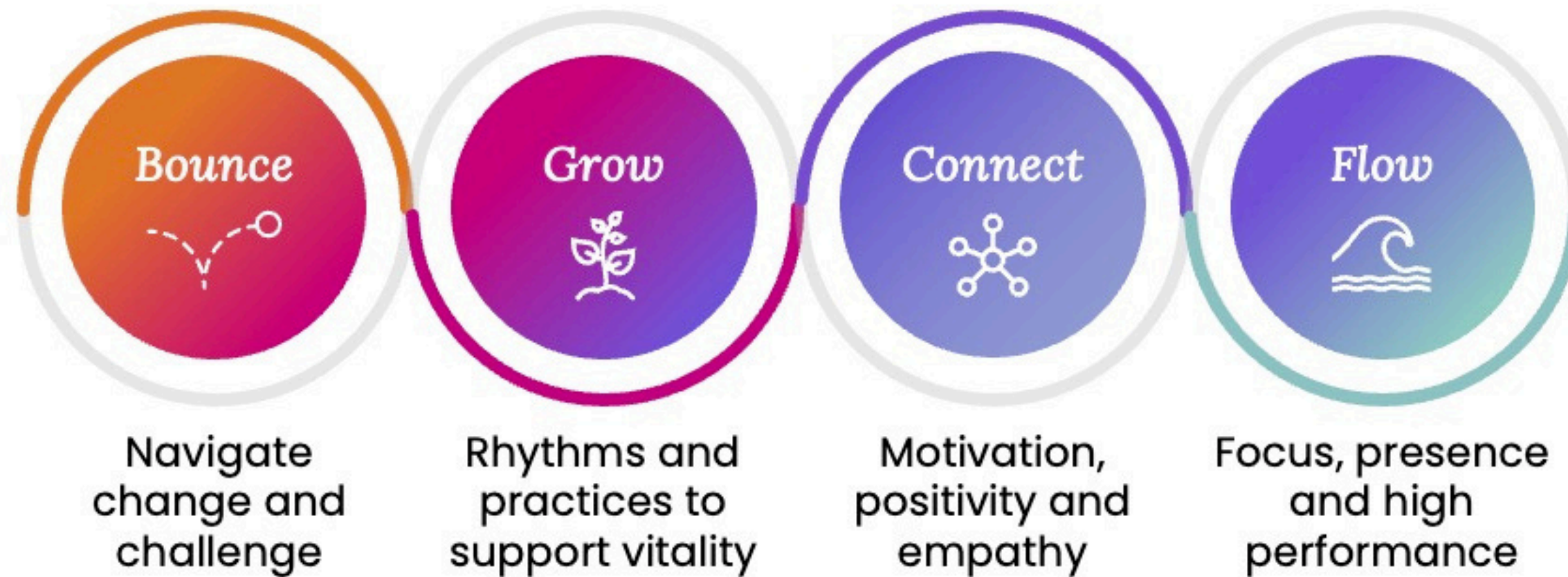
## Resilience Training

# Key concepts and tools

Presented by Brad Hook



Resilience is a learned ability. The key elements include:



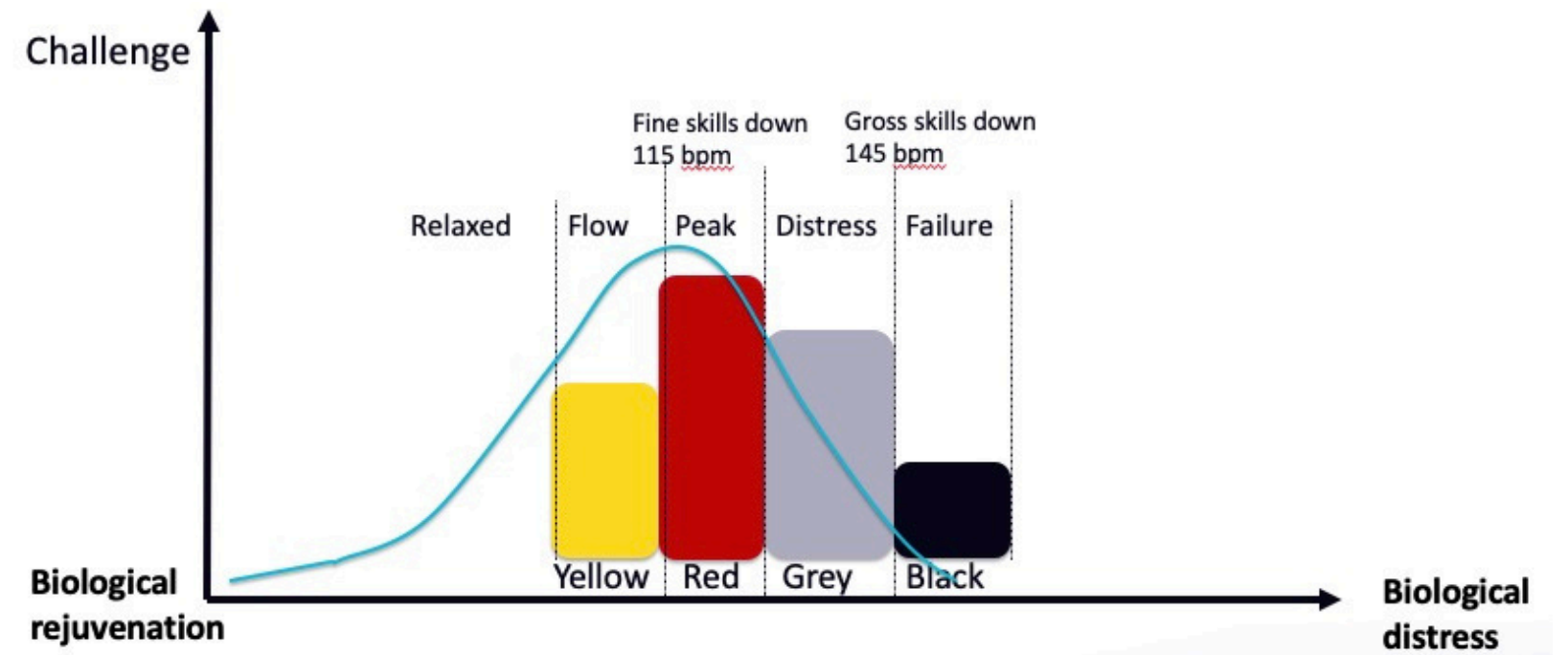
This guide will help you recall key practices and tools. Start small, stay curious, and keep it playful.

Our bodies are wired for survival, shaped by an **ancient nervous system**—yet we navigate a modern world filled with constant demands, complexity, and pressure that keep us in a heightened state.

**Remember the zebra:** it activates fight-or-flight in short bursts, then returns to calm. We, too, must train ourselves to reset, recover, and build resilience.



How much of your day is spent in **fight, flight, or freeze**—and how often do you experience **flow**? Can you create space to balance high performance with care and recovery?



Spending too much time in peak or distress zones —where cortisol and adrenaline run high—can lead to exhaustion and so-called “burnout.”

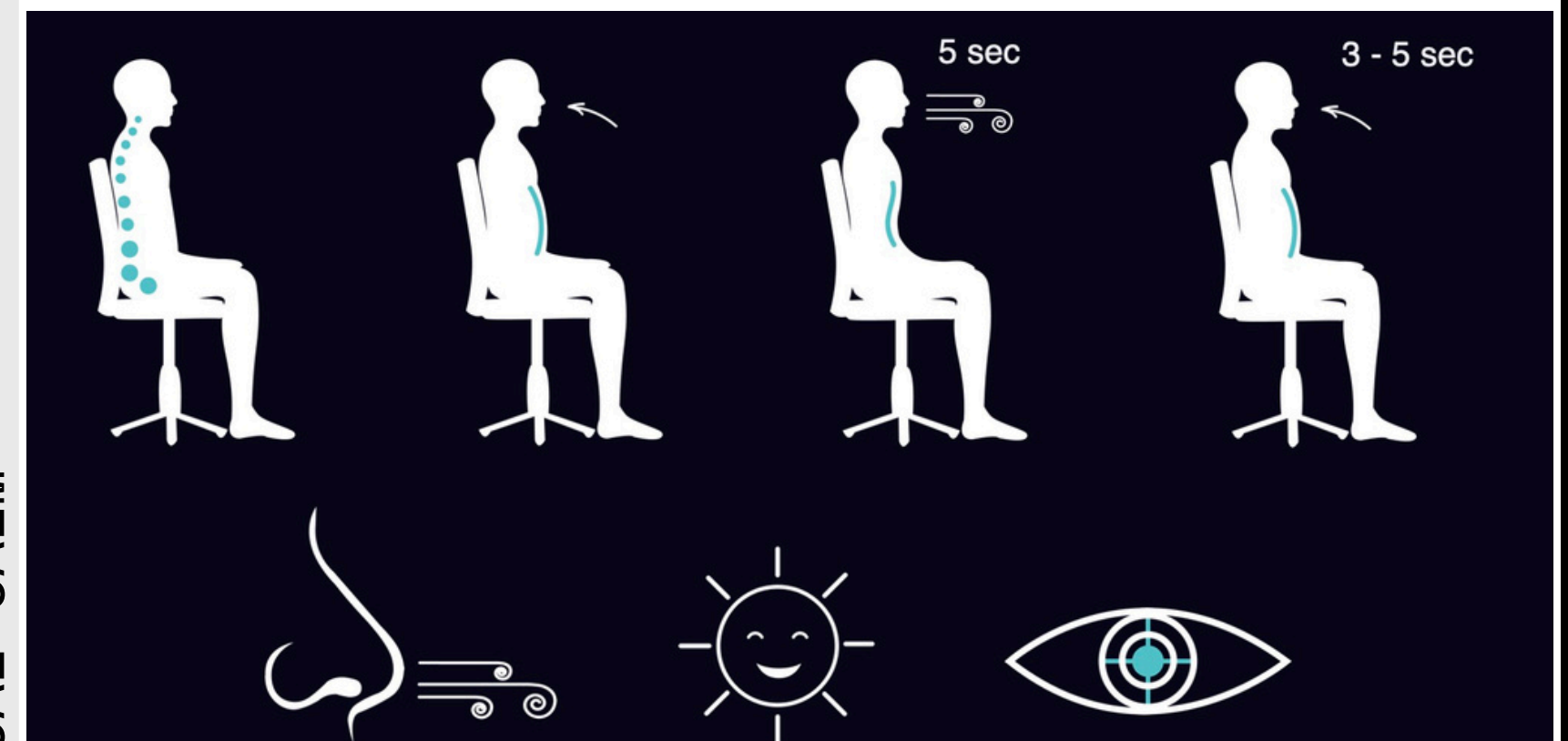
Can you recognise the signals of a downward spiral? Are you feeling overloaded, worried, frustrated, or exhausted? Which bounce strategy can you use to navigate challenging, high-pressure moments?



Even a minute or two of stretching or standing in an open, expansive posture can boost confidence and shift your state. Why not try it right now?

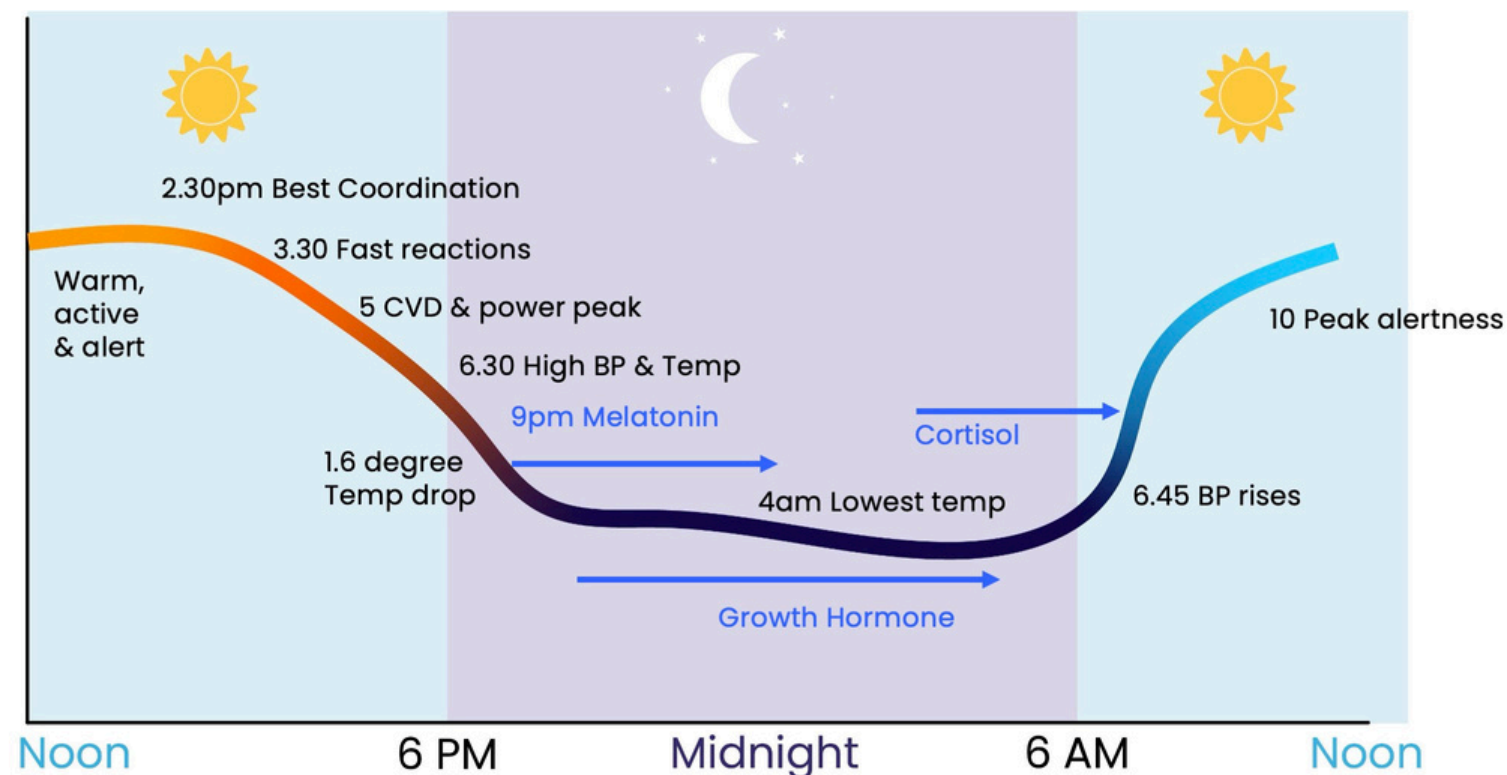


Learning to recognise and stabilise body and emotions allows us to be safer and more effective in challenging moments. **When in doubt, breathe out.** Exhale for 5 seconds, pause, inhale for 3. Repeat as necessary until you feel calm.



Long exhalations activate the **vagus nerve**, signaling the body to shift into the parasympathetic state, reducing stress and promoting calm.

Establish a **consistent sleep routine**—avoid social jetlag by waking and sleeping at a consistent time (including on weekends). Try the 3-2-1 rule: stop eating 3 hours before bed, stop working 2 hours before, stop screens 1 hour before, and create a **wind-down ritual** with reading or breathwork.



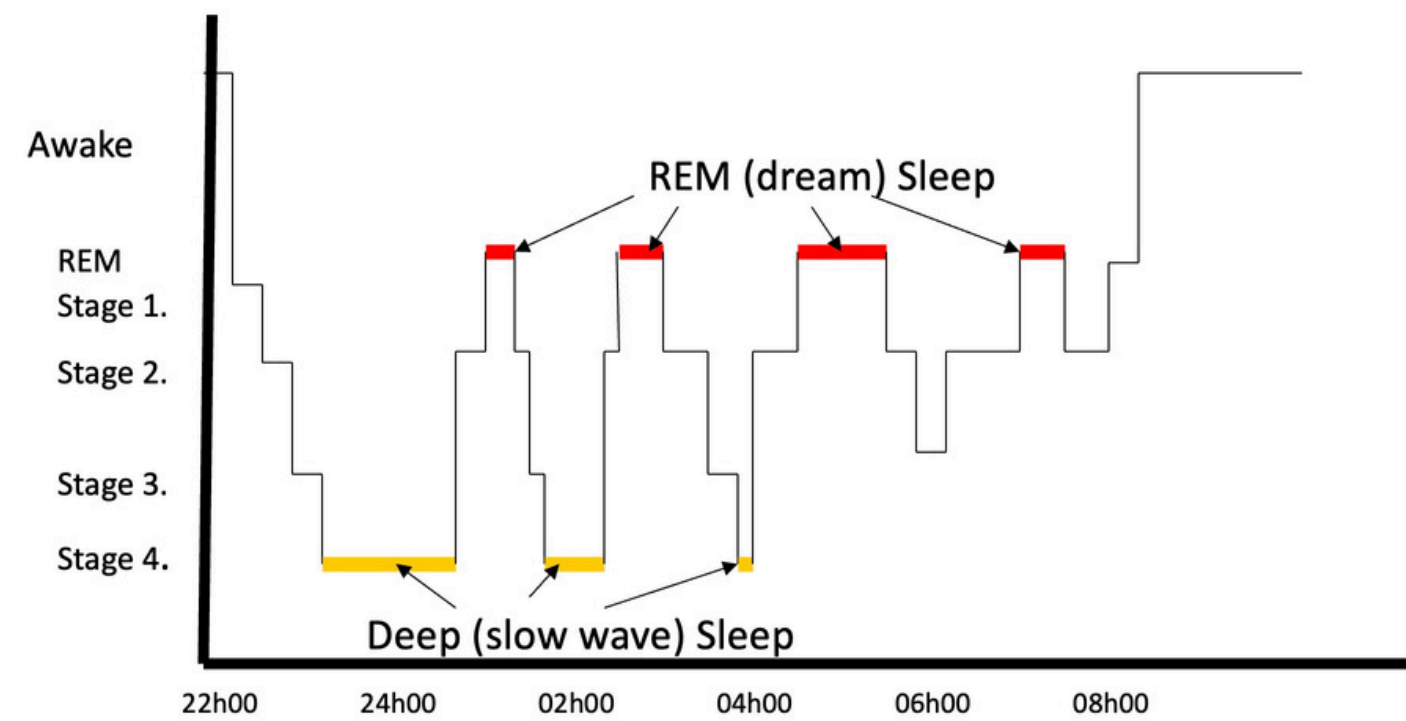
**Prioritise 7–8 hours** of sleep to boost focus, emotional regulation, and resilience.



### Sleep Tips

- Eat early and keep dinner light. **Avoid caffeine after 2pm**, and limit alcohol or heavy protein at night.
- **Reduce blue light exposure** in the evening—dim the lights and power down devices.
- Create a **cool-down routine** before bed to help you shift into rest mode.
- Sleep in a **cool, dark, quiet room**—free from tech distractions.
- **Move your body earlier in the day**, especially with strength or speed training, to support your natural sleep rhythm.

**Tracking your sleep** can help you understand whether you're getting enough deep and REM sleep for optimal recovery.



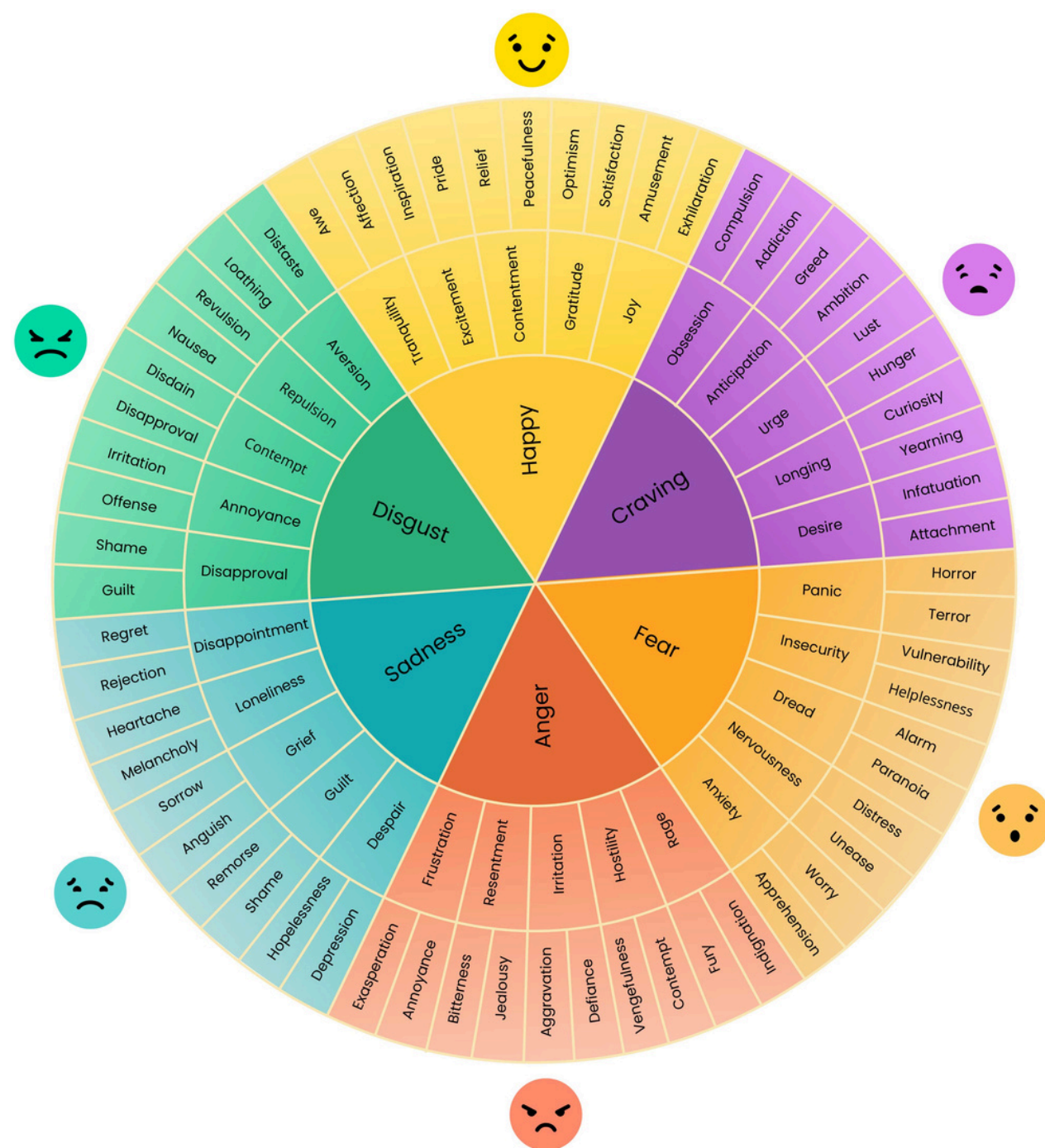
If you don't have a wearable device you can test out the **Sleep Cycle** app to measure your sleep. It has a great alarm feature too.

A **morning routine** that includes exposure to natural dawn sunlight jump-starts your day by boosting cortisol at the right time, enhancing alertness, and reinforcing your circadian rhythm for better sleep and energy regulation.



Combined with forward ambulation 😊 (a short walk), morning sunlight **enhances mood**, **sharpens focus**, and **optimizes energy levels** by regulating dopamine and serotonin, priming your brain for motivation and cognitive performance.

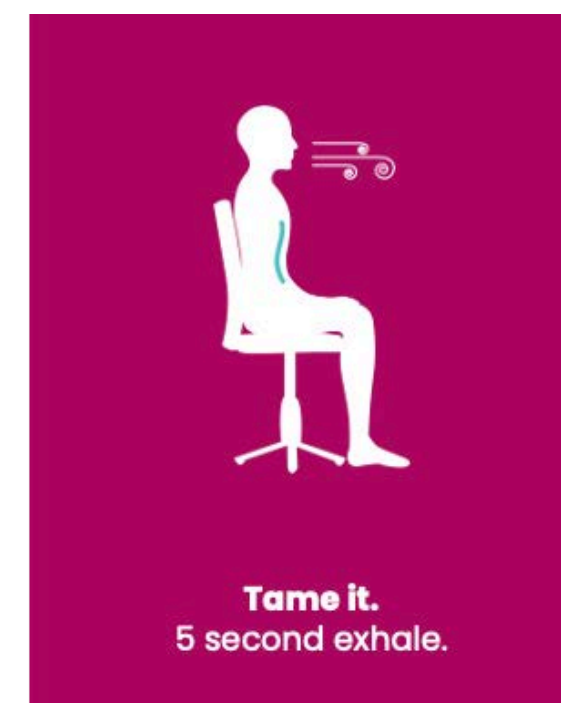
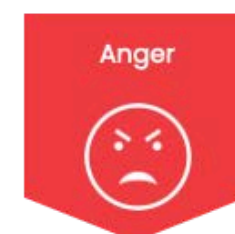
We experience up to 412 mutually exclusive emotions, yet our **negativity bias** can lead us to focus on the challenging ones.



Describe emotions clearly—'I feel \_\_\_ because of \_\_\_.' Research shows that naming emotions helps regulate them (name it to tame it), while reframing shifts perspective and reduces distress.

Can you **name**, **tame**, and **reframe** a challenging emotion right now?

**Name it.**  
I am feeling  
annoyed  
because of  
this  
behavior.



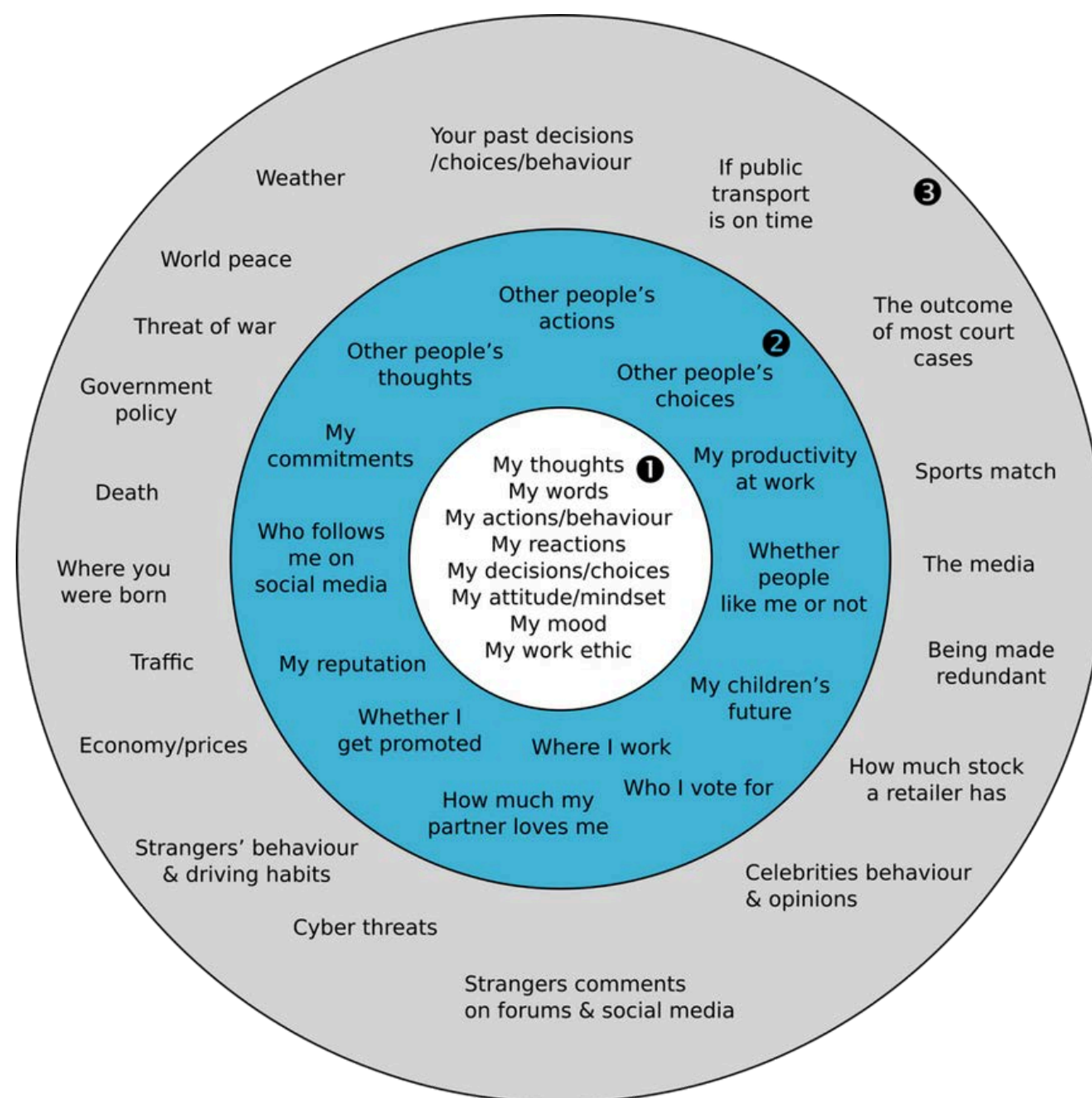
**Tame it.**  
5 second exhale.



**Reframe it.**  
Why am I  
feeling this  
way? What  
are my  
options?  
How is the  
other person  
doing?

Naming **positive emotions** can also amplify their effect, making joy, gratitude, and confidence even more powerful.

Shift your focus to **what you can control**—your actions, mindset, and responses—rather than expending energy on what you can't.

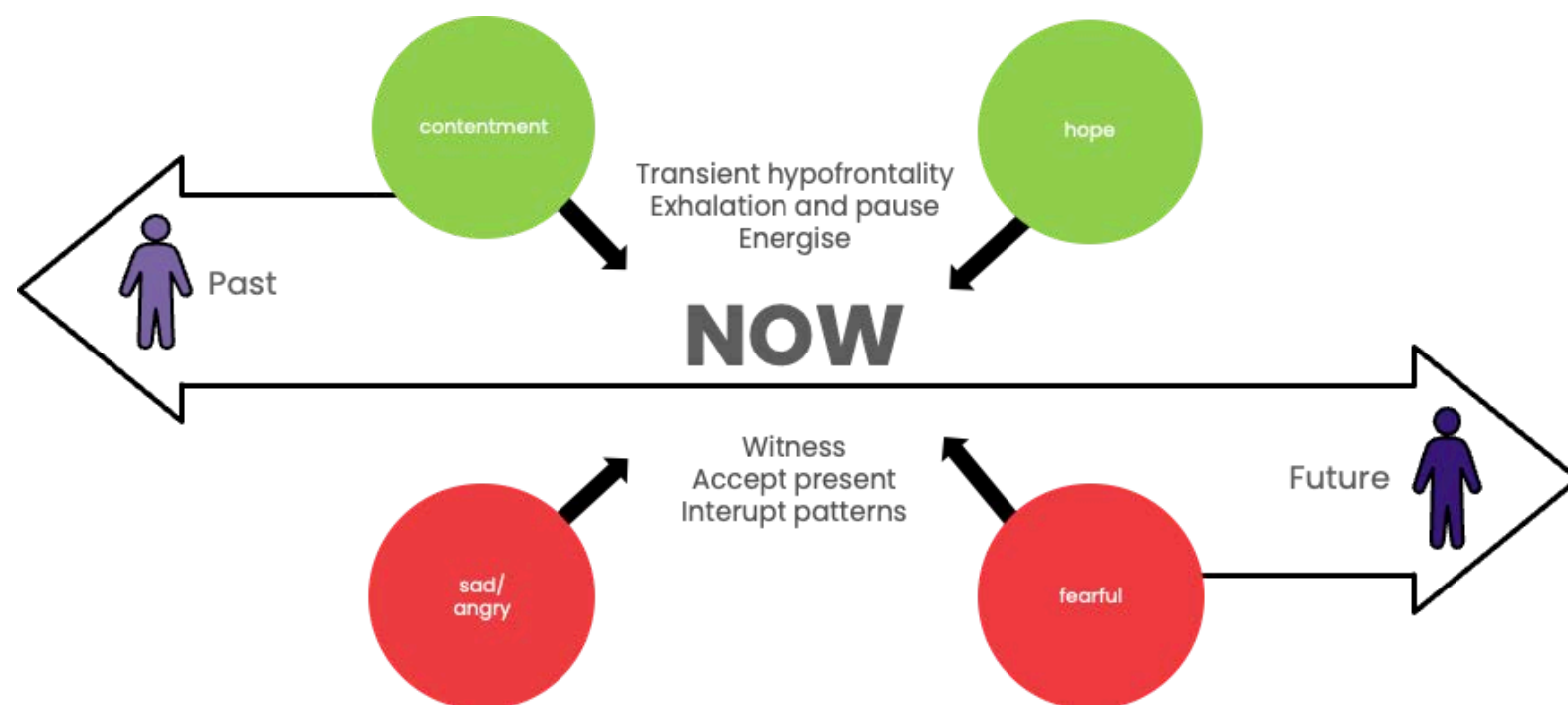


A **growth mindset** protects us from thinking traps by reframing failure and obstacles as opportunities for learning—always add the word “**yet**”: We didn’t achieve the result—**yet**.



Research shows that **praising effort** rather than achievement helps kids develop a growth mindset, fostering resilience and a love for learning.

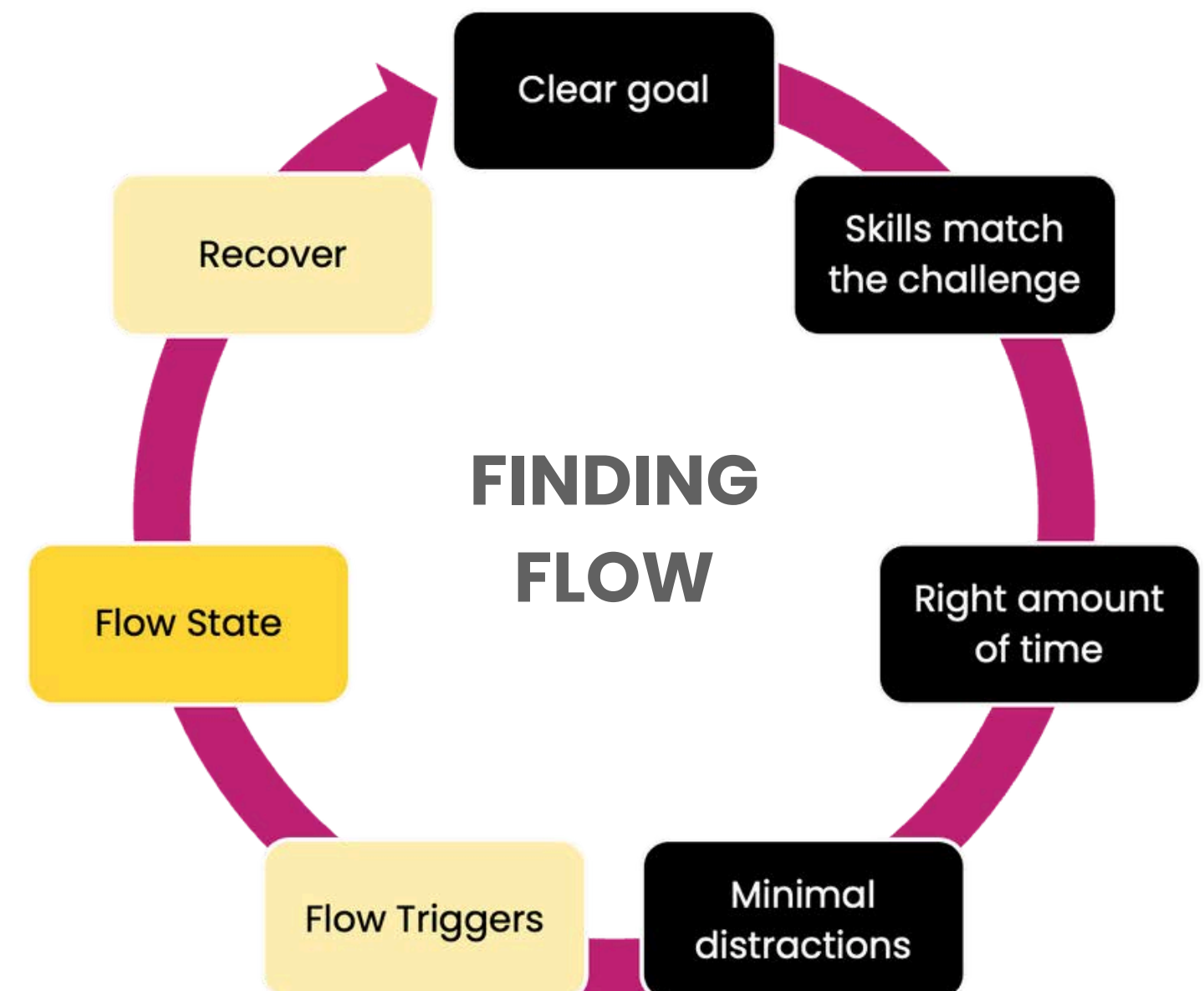
In a world of distractions, **staying focused** is challenging. Notice where your mind drifts and gently return to the present. Negative thoughts tend to stick, while positive ones slip—are you exploring the past, future, or truly here now?



Make clear lists, focus on one task at a time (monotask), and set aside a few minutes daily to relax or meditate. Try a [sample meditation](#).

FOCUS

Can you create the conditions for **peak performance**? Set aside 60–90 minutes, focus on a specific task, and minimise distractions.



FLOW

The **micro-habits approach** focuses on breaking down larger goals into small, manageable actions that gradually build up to significant changes. Each phase represents a tiny step that is easy to achieve and reinforces the desired identity, such as “I am a runner” or “I eat healthy food.” By consistently practicing these micro-habits, individuals can bypass resistance to change and progressively develop more complex and sustainable habits over time. Remember to **leave reminders** and attach new habits to those that are already reliable.

IDENTITY	PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5
I am a runner	Put on running shoes	Walk around the house	Jog to the end of the street	Run 1km	Run 5km
I am an early riser	Be home by 10pm	Turn off devices by 10pm	Be in bed by 10pm	Be asleep by 10pm	Wake up at 6am
I eat healthy food	Have one vegetable with dinner	Include veggies with lunch and dinner	Eat 5 servings of vegetables per day	Eat 9 servings of vegetables per day	Eat 9 servings of vegetables + 3 fruits per day
I am a calm person	Breathe out	1-min Tactical Calm	3-min Tactical Calm	5-min Tactical Calm	Tactical calm 5 x per day
I am a writer	Write one sentence	Write a paragraph	Write for half an hour	Write for an hour	Write for 2 hours per day

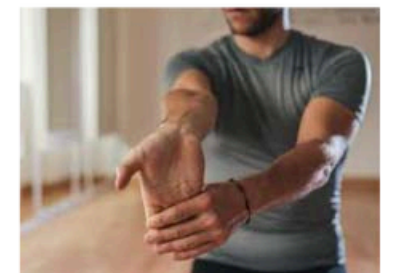


After/Before [CURRENT HABIT], I will [NEW HABIT].

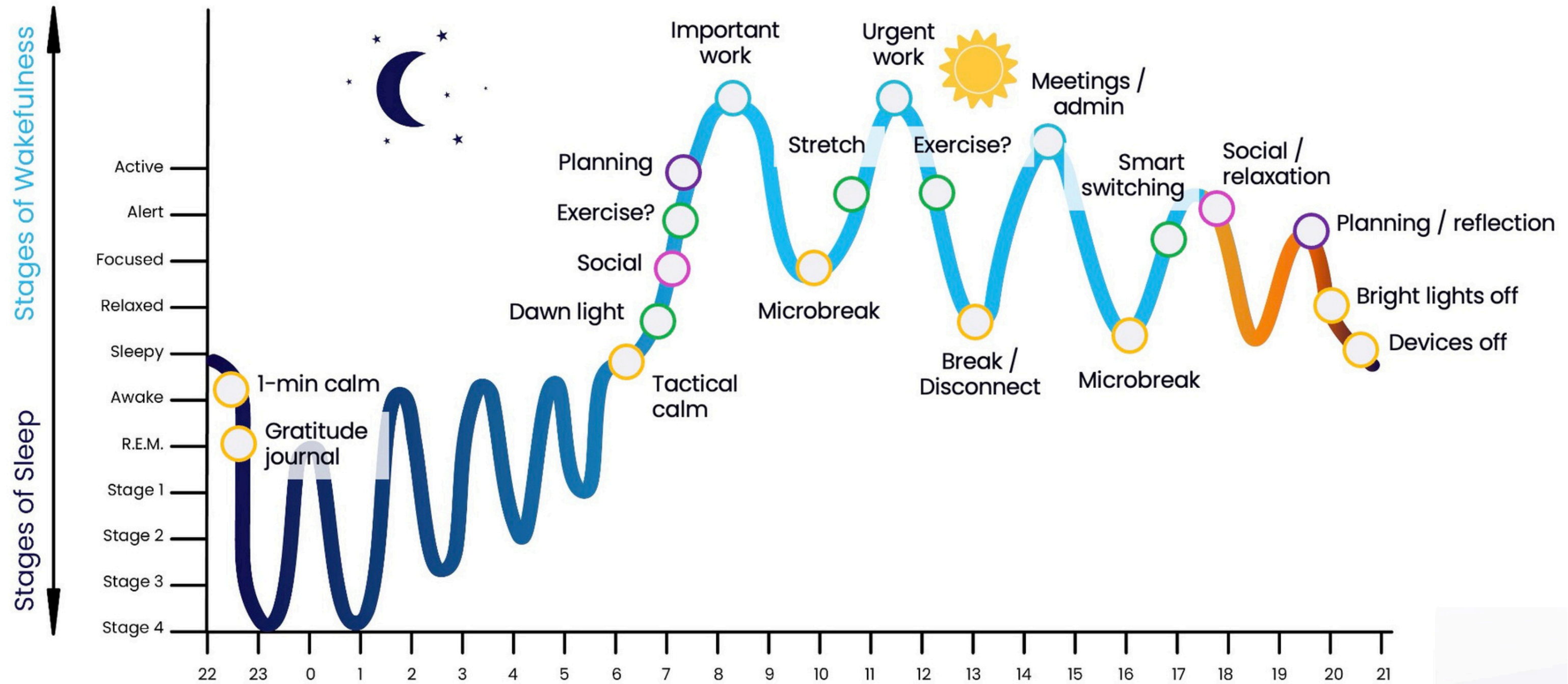
RELIABLE HABIT



NEW HABIT



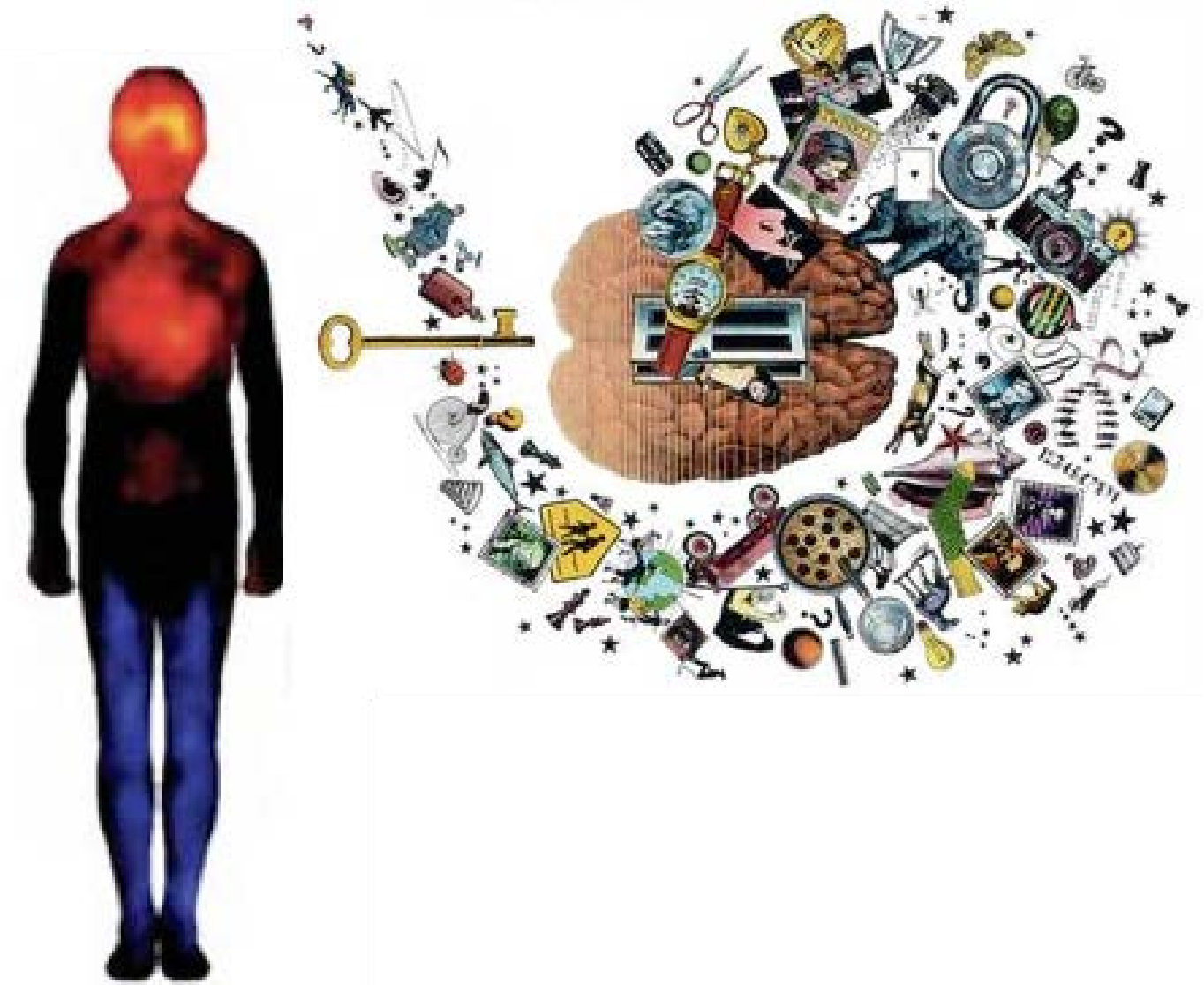
Ultradian rhythms shape energy levels throughout the day. Small habits like microbreaks, movement, or tactical calm can help optimise performance, energy, and recovery. Start with one or two, then build on them over time.



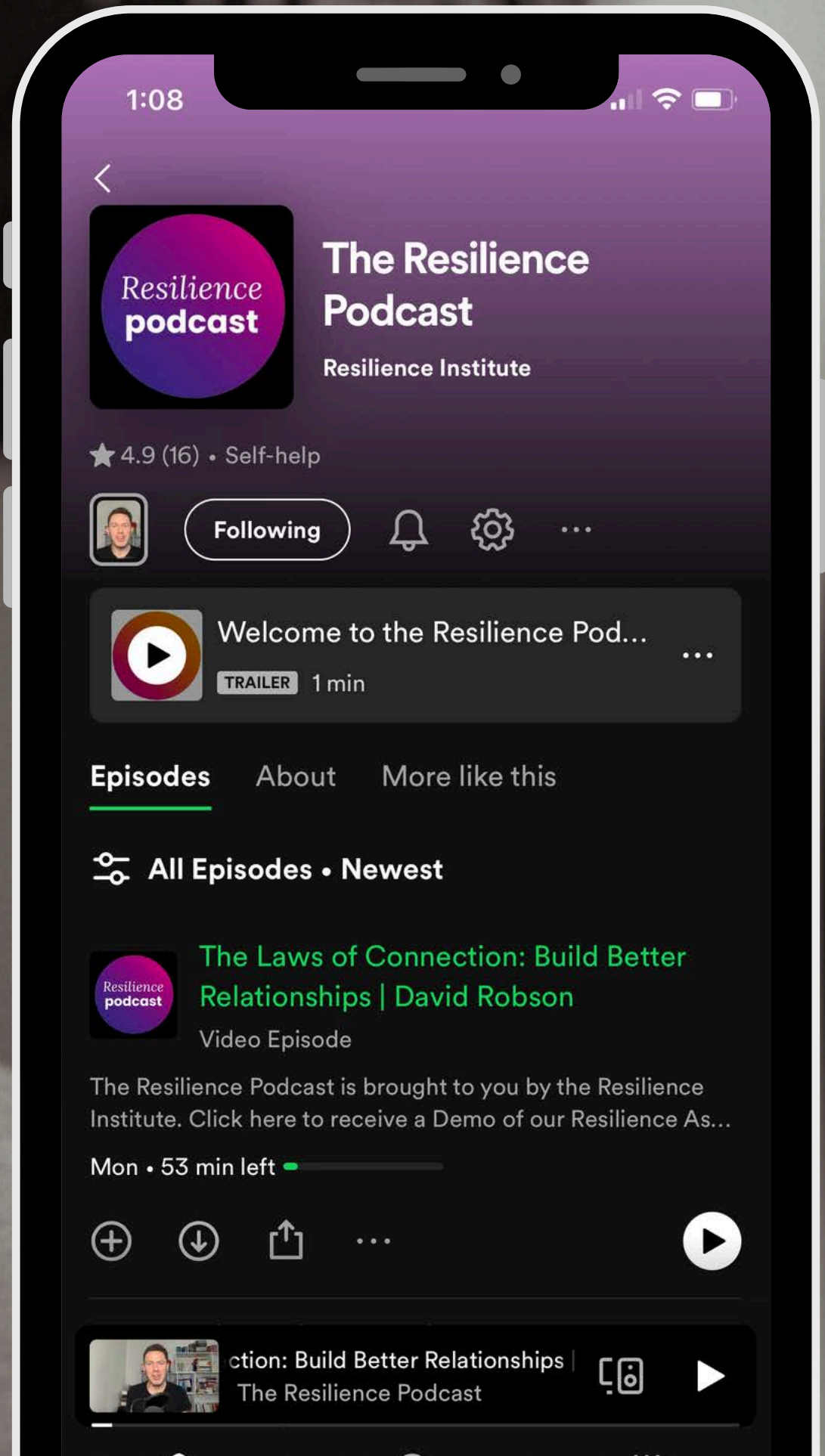
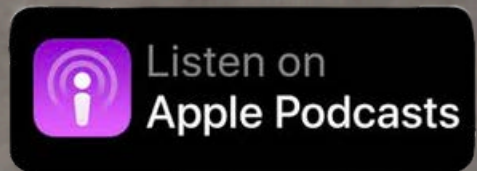
Check body  
Check emotion  
Check mind

Throughout the day, check your posture, breathing, and heart rate. Identify emotions like anger, sadness, or fear—name them, tame them, and reframe them.

Notice when your thoughts drift and gently bring them back to the present. Can you focus on one task and create the conditions for flow?

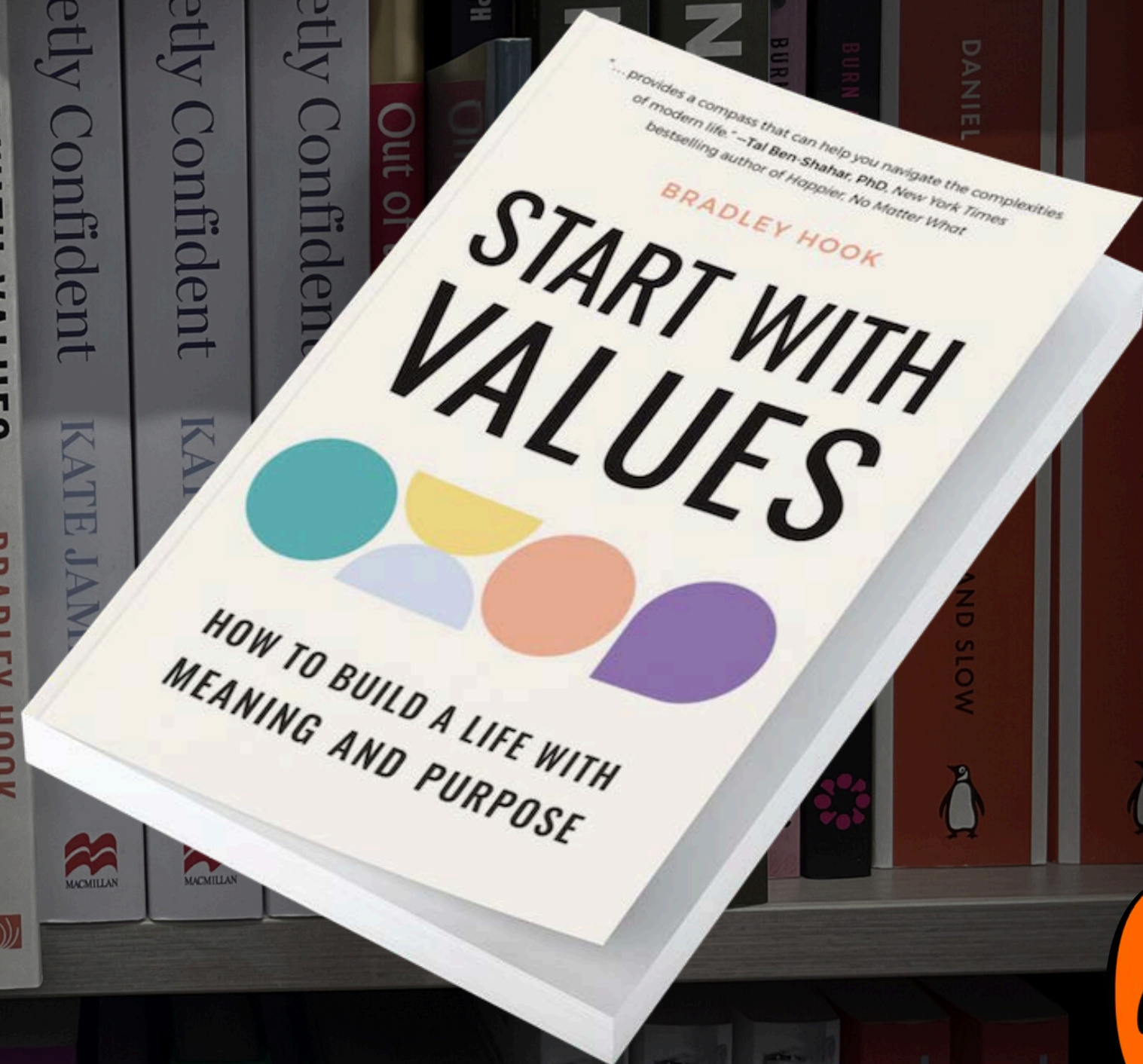


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