**My Coach 1-liners for Resilience**

1. What is a current thought that is creating stress for you? How might you reframe it?
2. What story are you believing right now that is limiting your results?
3. How have you worked through stress this week? What is your go-to strategy? Is it working?
4. How might you see a stressor you are experiencing this week through the challenge mindset (recognizing that stress is a normal part of living and an opportunity to learn from)?
5. How might you see a stressor you are experiencing this week as an opportunity to build perseverance (the control mindset)?
6. How might you lean into the commitment mindset of resilience to see through an obstacle that you are facing this week?
7. How has stress manifested in your life this week? What are the physiological, psychology, or social signs of stress you’ve noticed?
8. Did you know that stress improves cognitive function by strengthening the connection between neurons in your brain, elevating memory, and your attention span, which equates to higher productivity?
9. Stress can help protect you from infections because moderate levels of stress produce interleukins which gives your immune system a quick boost.
10. How have you coached a colleague or friend through stress this week using the Rivers of Resilience framework? (Stop, Reflect, Recalibrate, Choose)
11. Think of a time you have grown during a difficult experience or situation. What were your biggest takeaways from that experience?
12. In moments where you feel stuck or experience a setback, what tools would you start with to work through it rather than avoid it?
13. What stories have you told yourself when you’ve made a mistake? How will you shift that story to get better results?
14. Remember, stress is a state of strain or tension in response to a stressor. You have the power to influence your response even if you can’t remove the stressor itself.
15. At the end of today, write down 3 ways you’ve demonstrated resilience no matter how small or big your thoughts or actions were. Celebrating and building awareness of your resilience is key to personal growth.
16. When you’re feeling overwhelmed, remember it’s your thoughts that create the overwhelm. How might you reframe your thoughts to pull yourself through, recognizing the cognitive behavioral triangle? (Thoughts influence your feelings which then impact behaviors).
17. What conversation are you avoiding?
18. What are you pretending not to know?
19. Challenge, Control, Commitment: What are you committed to in your work and/or life that will provide a touchstone in times of stress?
20. When you notice you’re feeling stress, how do you STOP the downward spiral?