

7 Habits of Emotionally Resilient People

Are you overwhelmed by feelings of stress and anxiety? Are you able to resist distractions while in class or at work? Can you control the impulse to binge on Netflix, Fortnite or Social Media in order to stay in and study? Do you find yourself provoked by an argument and saying things that you regret? From these few examples, it is easy to see that how emotions can get out of control and how managing your thoughts, emotions and behaviors is necessary for success in school, work, relationships and life.

In this class, we will discuss the importance of emotional resilience, how it can be developed and the skills to grow our resiliency. And because stress and change are a part of life, there are many opportunities to practice resilience—because the payoffs are significant! Melody Lovvorn is a life/relationship coach and co-founder of Undone Redone.

Week 1: Cultivating Emotional Attitude

Practice the Power of Positivity (permission to feel: no judgement zone)

Week 2: Cultivating Emotional Awareness

Practice Observation (notice what you are feeling)

Practice Acknowledgement (name what you are feeling)

Practice Interpretation (disclose what your feeling)

Week 3: Cultivating Emotional Support

The Power of People

The Power of Present

The Power of Participation

Week 4: Cultivating Emotional Intelligence

Practice Curiosity: “Inquiring Minds Want to Know”

Practice Intuition:

- What are your emotions trying to tell you?
- What is the story that you are making up in your head?

Practice Responding vs. Reacting

- Our feelings are real but not necessarily true (feeling vs. factual)
- We rule our emotions or our emotions rule the day

Week 5: Cultivating Emotional Intentionality

Practice Preparation

Practice the Rules of Engagement

Week 6: Cultivating Spirituality

Practice Connection with God

Practice Meditation

Chapter 7: Cultivating the Gift of Sharing Your Story

Practice Stewarding Your Story

Practice Re-Writing A Different Narrative