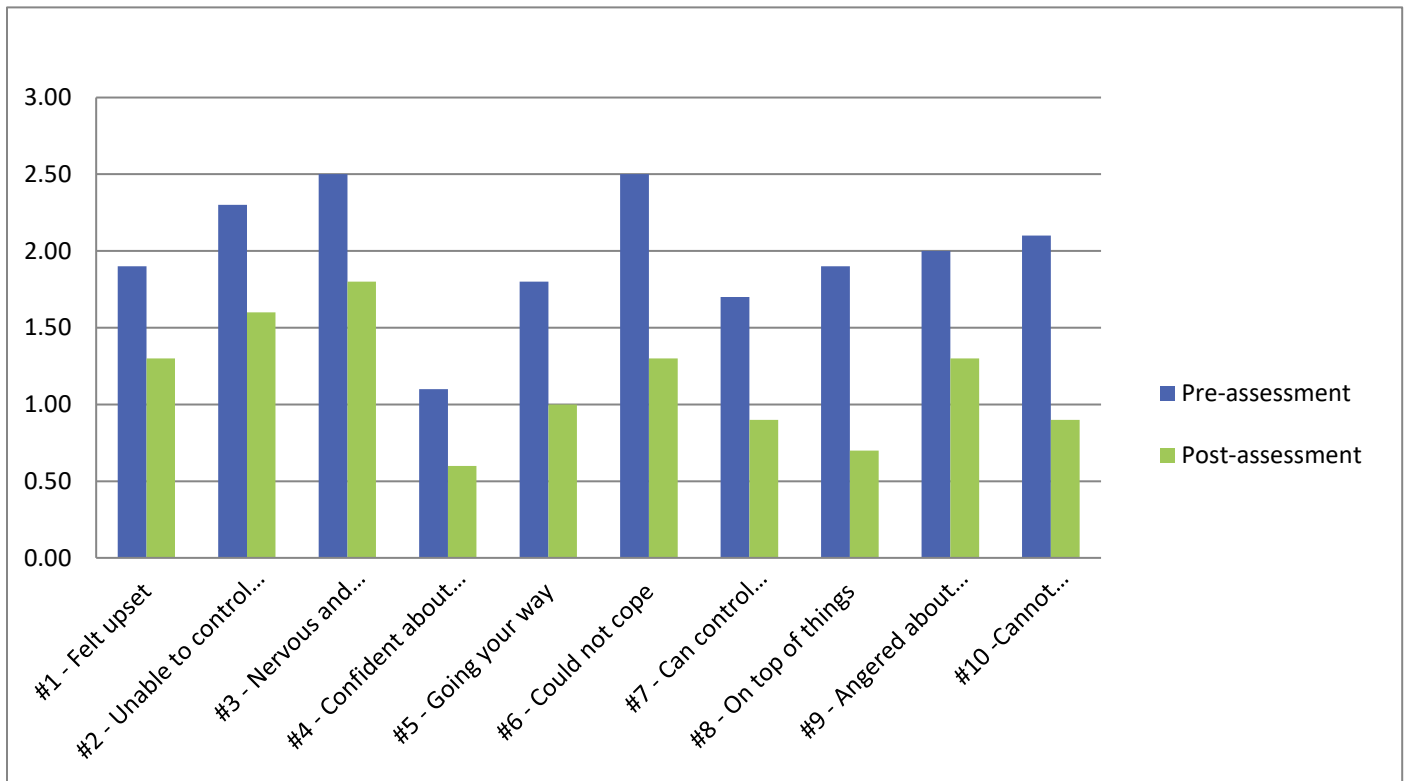


The Resilience Academy CPR Challenge Results May 13, 2021 – June 11, 2021



Average Decrease in Stress: 41.44%

What have you noticed in the last 30 days?

In the last 30 days, I noticed that every time I got the text message alert I took a second to breathe and remind myself to focus on the moment and be grateful for the day.

More positive and less overwhelming thoughts.

I've been trying to practice presence. This has been hard for me, but I've been prioritizing and that has helped. I am also working on stress. Starting each day as new.

Calm and peaceful days. Time to appreciate special moments in each day. Thank you!

I have been more present in the moment.

More centered and enjoying the present moment more often.

I look forward to each day's activity and it's as I am forced to do it otherwise, I don't take the time to destress.

Taking time, even if only for a few minutes, to focus on taking care of myself both physically and mentally helps everything else to fall into place.

I've been able to have more of an "it is what it is" mentality which helps reduce the panic attacks.

How important it is to put things into perspective, relax and your productivity will increase.

Calmer.

A decrease in my anxiety to control.

It's the little things that you can do to make a huge difference.

More positive and less overwhelming thoughts.

More relaxed & less stress. Able to handle changes easier.

Peace and calm more often. Trusting my sense of inner guidance and better outcomes in my work and life.

I must pause, recharge, and breathe!

Much more aware of how much I multitask, that I rarely just eat or rest. Noticed that I often have an overwhelming look at life and not in control of how I handle or think about things. This challenge gave me tools to take care of myself, take care of my thoughts, and choose to be intentional. How can I have compassion, give support, and love if I don't give it to myself?

What activity(s) did you like the best?

The daily reminder text messages

The tapping method. I used this in my last employee meeting and shared the handout and they loved it! I also like the "let go," I also shared this with them and they loved it as well.

(3) Breathing exercises.

Breathing exercises and daily text with an assignment.

Inhale "Let" exhale "Go."

They all played a part in the total experience being good. Different things help different days. Sometimes I'd go back for different needs.

The guided movements.

Day 29, day 28, day 27, day 24.... Ok, let's be real, I enjoyed them all.

Day 27: Great minds discuss ideas; average minds discuss events; small minds discuss people. Eleanor Roosevelt. Practice zero tolerance for gossip today.

Just the notification made me think about it and check in with my stress.

Breath in "let" breath out "go." Quick. Easy. Always accessible.

(2) Legs up the wall.

Breathing exercises. Expressing gratitude to others and to myself. Focusing on being present, even for just a few minutes on a busy day.

Letting go with every breath.

Paying attention/slowing down. I can actually enjoy my food. Breathing techniques. Allowing myself to turn from condemning or focusing on the problems to saying, "What can I learn from this?"

How many days did you practice resilience 5 minutes or more?

Average Days Practiced: 25.6

<u>Questions</u>	<u>Pre- assessment</u>	<u>Post- assessment</u>	<u>Percent Decrease Change</u>
Q1 - How often did you feel upset because of something that happened unexpectedly?	1.90	1.30	-31.58%
Q2 - How often did you feel unable to control the important things in your life?	2.30	1.60	-30.43%
Q3 - How often did you feel nervous and stressed?	2.50	1.70	-32.00%
Q4 - How often did you feel confident about abilities to handle personal problems?	1.10	0.70	-36.36%
Q5 - How often did you feel things were going your way?	1.70	1.10	-35.29%
Q6 - How often did you find you could not cope with the things you had to do?	2.50	1.30	-48.00%
Q7 - How often had you been able to control irritations in your life?	1.70	0.90	-47.06%
Q8 - How often did you feel you were on top of things?	1.90	0.70	-63.16%
Q9 - How often were you angered because of things that were outside of your control?	2.10	1.30	-38.10%
Q10 - How often did you feel difficulties were piling up so high you could not overcome them?	2.10	1.00	-52.38%
Average Percentage Decrease in Negative Feelings:	19.80	11.60	-41.44%