CCL’s Nick Petrie has spent some time focusing on the root cause of stress. He has come up with three actions you can take to increase your resilience. Each of the actions builds on the other and challenges you to decide which one you find most helpful.

**Look from the Loft**

In the first activity, imagine that you are sitting in the loft of a house watching flood water outside coming through the front door. The water represents the “flood” of pressure and emotion you face each day. Nick says you have three choices:

- **Denial**, when you try to hold the front door shut and pretend none of those pressures exist, but eventually the door will blow open and you’ll be swept away.
- **Rumination**, when you can open the door, jump into the water, and start swimming in the thoughts and pressures. This leaves you frantic and exhausted.
- **Let go**, when you notice that as well as a front door there is also a back door, so that thoughts and pressures can flow through. From your vantage point in the loft you stay detached and observe the thoughts as they pass through. Don’t try to hold them out and don’t go down and get into them. Simply let them come and go.

**Find Your Flow**

Nick suggests finding activities that bring you into a state of flow. They help you become focused on the present moment as you become absorbed in the task and lose track of time. As you experience time in the state of flow it is easier for you to transfer the same state to other areas of your life. Flow activities vary from person to person. Some people report cooking, writing, gardening, motorcycling, running, or sports as their flow activities. Find your flow activity by thinking of times when you were most absorbed.

**Meditation**

Nick says that this is probably the most powerful of the three. There are two kinds of meditation: (a) single-pointed, which involves focusing your mind on a single word, phrase, or your breath; and (b) mindfulness meditation, which involves closing your eyes and observing whatever thoughts or feelings come to mind. No matter what enters your mind, you stay present and let the thoughts go.
Which of these three will you try first? Why?
Did you decide against trying any of the three? Why?
Your response to these two questions will help you decide what is important in your life as it relates to resilience.