



# Emotional Intelligence: Cultivating Resilience in a High-Stress World

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**1. THINK POSITIVE.** With practice, we can train ourselves to think positively to see opportunity instead of a dead end in challenging situations. If we believe we'll be successful in overcoming adversity, we are more likely to succeed. Health is not just about what we're eating; it's also about what we're thinking and saying. Start with positive thoughts.

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**2. SETBACKS ARE TEMPORARY.** Enjoy life when things are good and when they are bad. We all know that nothing lasts forever, not even life-altering events, trauma, adversity and pain. We can navigate through emotionally trying times by realizing that it's temporary, and things will get better when we are active in the healing process.

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**3. DO SOMETHING TODAY.** Small steps add to a sense of accomplishment. Be proactive instead of reactive in your day. Start with something you have done before or something you know will bring you success. There is a lot of power in self-empowerment when you strive for your own best interests. After all, no one else can do that for you.

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**4. PRACTICE SELF-COMPASSION.** Congratulate yourself for every goal you accomplish, no matter how small, and the fact that you have taken action to improve your life. Over time, you'll slowly get stronger and be able to do more, thus cultivating more resilience and helping to improve your overall health. Find acceptance with the baby steps to get to the big steps.

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**5. REMEMBER YOUR PAST WINS.** Remind yourself of past victories and times when you overcame difficult challenges in your life. This serves as self-reminder that you've come back from trauma or adversity before and you are okay. You can do it again.

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**6. CULTIVATE GRATITUDE.** When we are grateful and actively cultivate gratitude, we are taking advantage of a basic part of resilience and in contentment in life. The more we develop gratitude, the more resilient we'll become, and the more we will have to be grateful for. The more we complain about the problems we have, the more problems we will have to complain about.

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**7. HAVE A COPING RESOURCE TOOLBOX.** Everyone can benefit from having a toolkit of effective coping resources to boost their emotional intelligence. We can reduce stress, depression, anxiety, and other emotional, psychological and physical issues and conditions when we have coping resources like mindfulness, meditation, yoga, writing and other ways that help you to relax.

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**8. WORK THROUGH YOUR EMOTIONS.** Having uncomfortable emotions does not mean something is wrong with you. Going outside of your comfort zone to feel your emotions may make us feel vulnerable and that is okay. Most of us want to ignore what the emotions may be about, but then the emotions get buried or it becomes a bigger problem. Be present to what is, let the discomfort be.

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**9. DON'T TAKE ANYTHING PERSONALLY.** There's no point in engaging in blame or ruminating about a bad situation. Besides being counter-productive, it makes us feel worse. Make use of some of the healthy coping measures you've successfully used before and let it go. It is not easy, but don't take anything someone does to you personally.

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**10. LAUGH OFTEN.** Humor helps us not to take life so seriously, to lighten up and enjoy the journey of life. We sometimes get nervous, worry and miss the big picture when we are so stressed. Remember, we are all imperfect, so go ahead and just laugh at yourself over your next mistake or learning opportunity.

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**11. TRUST YOUR PATH.** Spirituality has been shown as a high predictor of resilience. Prayer, self-reflection, communicating to a Higher Power has been proven to heal many who otherwise may resort to negative coping behaviors, such as drinking alcohol and using drugs. Most here believe everything will be okay and give up control to let the Universe/God show the way.

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**12. GET SUPPORT.** When you need help, it's OK to ask for it. Who can help you? Tell friends and family about your intention towards cultivating resilience for added support. Or contact a health coach to encourage and guide you on your goals.

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**ACTION PLAN.** Now that you have learned practical tips to cultivate resilience in our high-stressed world, what is one thing or habit that you'll commit to doing to cultivate more resilience in your life? Or what is your top takeaway(s) from today's workshop?

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What roadblock may you encounter adding this goal to your life? What do you need to do to overcome that challenge and be successful?

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**FOLLOW-UP.** To help you with accountability, mark your calendar with your action plan/goals, I suggest 7 days, 14 days, 30 days and 45 day reminders.

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**Summer 5-Day Cleanse: [www.mindfulhealthwithlori.com/5daydetox](http://www.mindfulhealthwithlori.com/5daydetox) (August 12-16, 2019)**

Facebook Page: [www.facebook.com/BMindfulHealth](https://www.facebook.com/BMindfulHealth) (Daily post of healthy inspiration)  
Meet Up: <https://www.meetup.com/Mindful-Health-Nutrition-Wellbeing/> "Wanna-be-Healthy South Metro"

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