

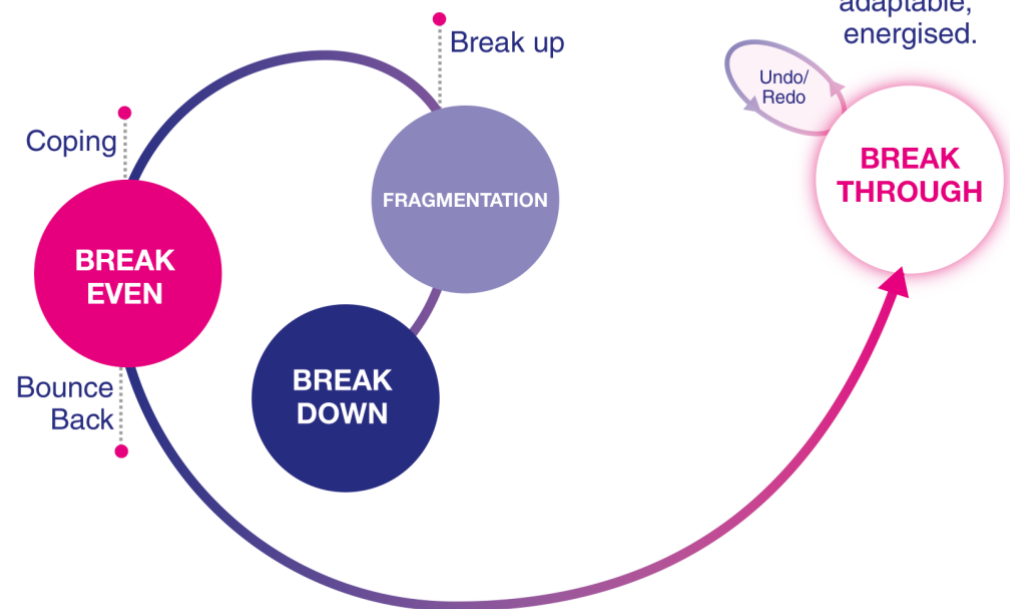
## The implications of different resilience states

Ok. You've probably got the ideas behind the model. Now explore the implications - this is the deep part.

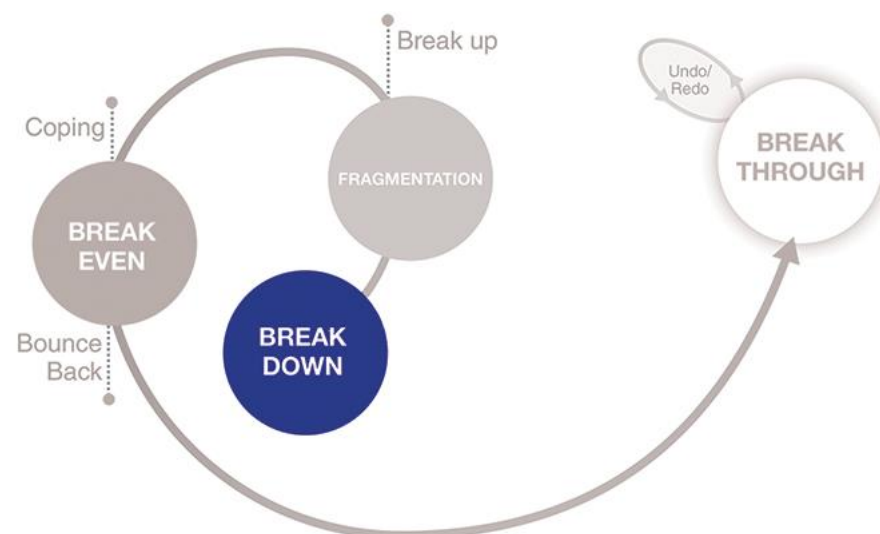
As you go through each main area, consider whether you have experienced something like this for yourself at some time in your life. Consider the following questions:

- where are you within all of this?
- is it the same in all areas of your life?
- where would you like to be?

### Resilience Dynamic® Resilience is our ability to reshape

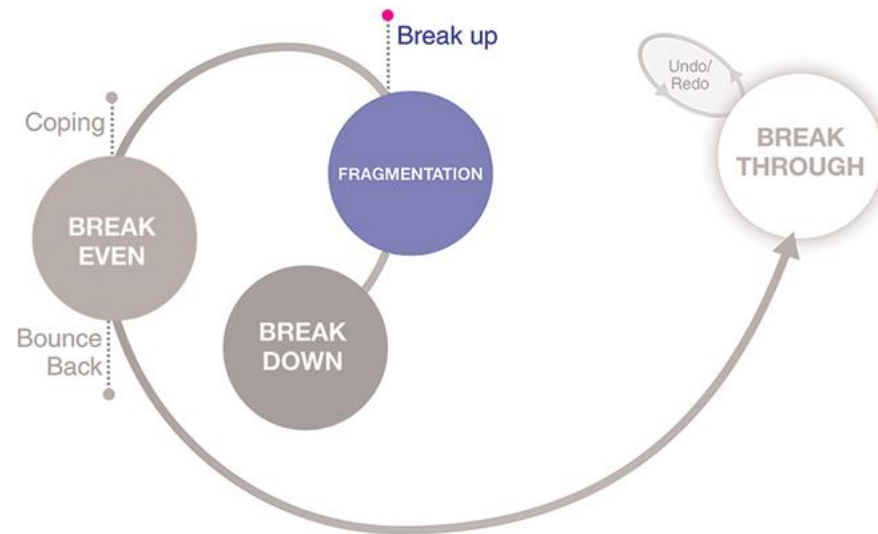


## Breakdown



A person whose resilience has broken down has no capacity for change. To change, they need to recover through rest and care and to reconnect with who they are and what their purpose is in their life. They need help to do this.

## Fragmentation

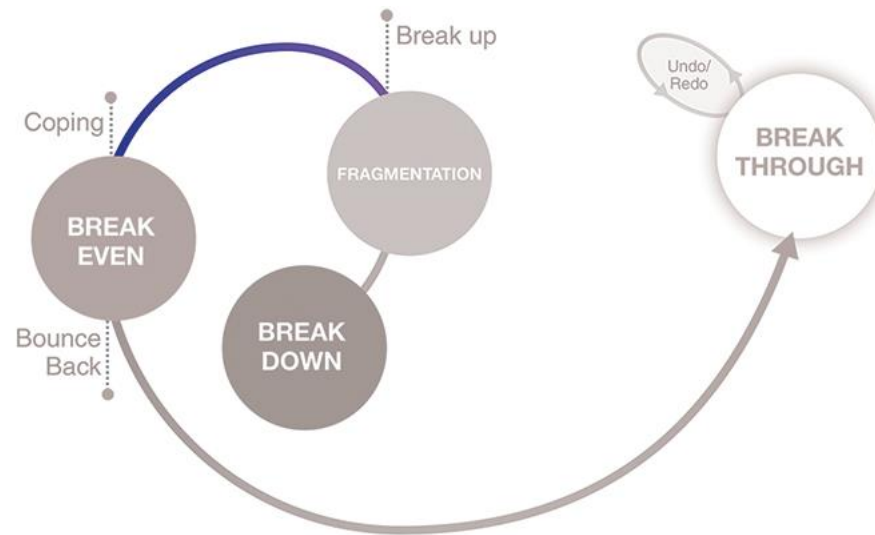


This is a fluctuating state between near breakdown and just about coping. A person suffering from fragmentation will be suffering from very high stress. Things in their life will be breaking up, whether relationships, their performance, or their health. Health issues may be the most significant sign of fragmentation.

Standard stress busters often won't work in this state - especially if the person can't get away from the source of stress. If a person is in fragmentation, it's difficult to get any sense of perspective that you can change the situation. Getting things into perspective is critical for improving the person's coping mechanisms. Stepping away from the sources of stress is critical here:

- accept that you're stressed and that you need to change something to get perspective.
- get rest. Go to a place that is restful and calm. Breathe. Sleep.
- talk to someone about how you're feeling, friends and family.
- aim to exercise; even gentle exercise will help.

## The line between Coping and Fragmentation

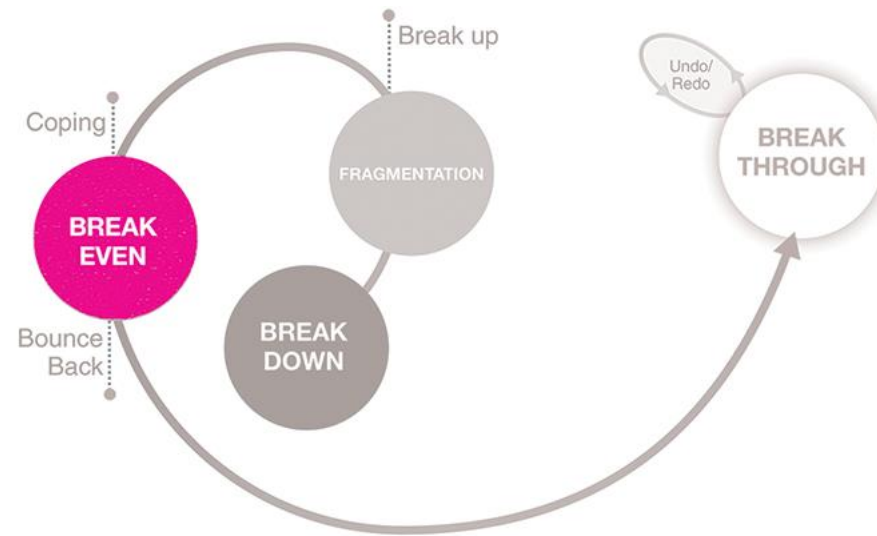


A person who more or less just copes, or in fact, copes only some of the time, will be moving up and down on this line. They will feel unstable, and it triggers a lot of stress:

- the nearer to fragmentation, the higher the stress
- someone here has very little capacity for change
- instead, they will seek control – and so they will resist change

Coping is a fantastic place to be if you're not fragmenting. It's not a very high resilience, but it's a place of higher health and happiness than fragmentation or breakdown. And, it's at least stable.

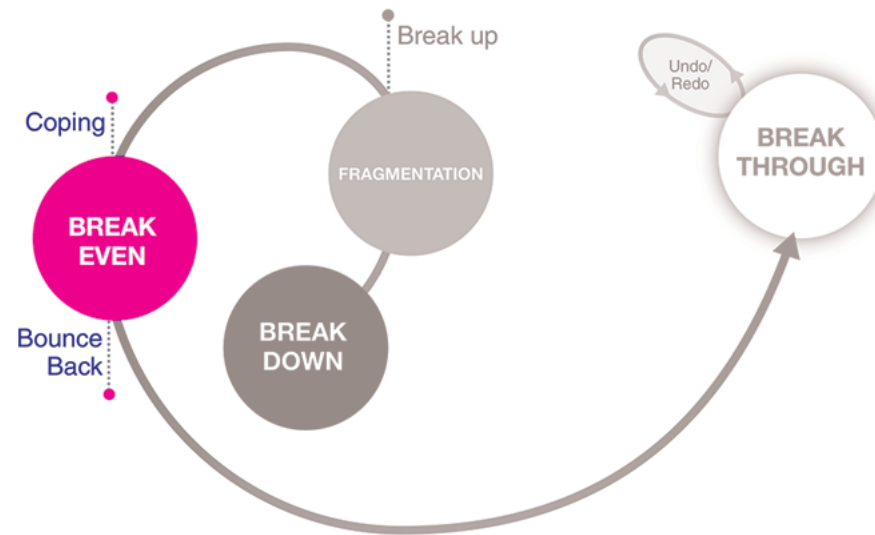
## Break Even



A person right in the middle of Break Even, without a lot of movement, will feel stuck. Their success in life will be OK, but there is little chance of changes, and they will embrace only the changes that are small, easy and fit within their capacity. They will resist any significant change.

The ticket to shifting? First, the person needs to have surplus energy; then they need to learn to learn.

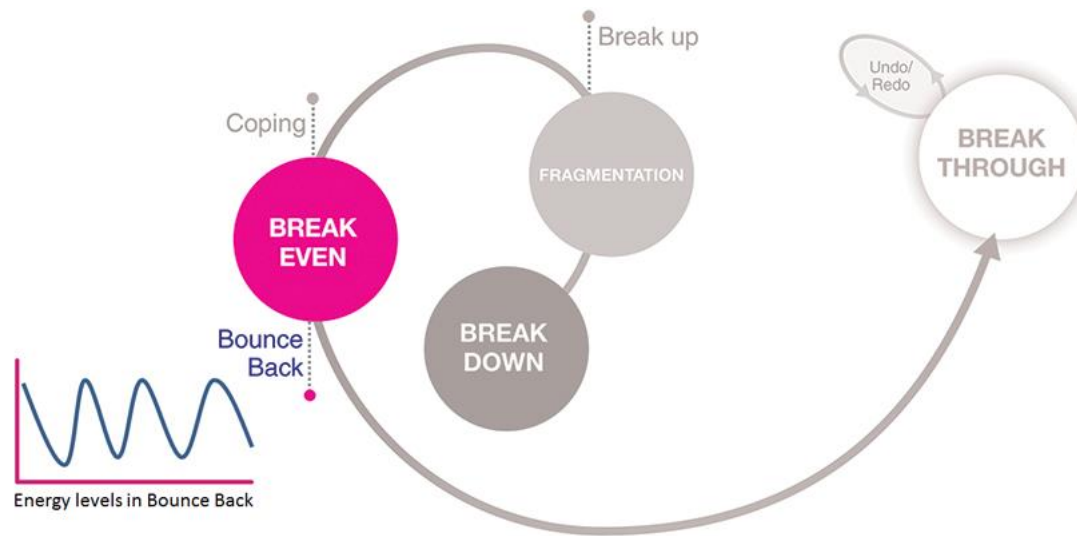
## The line between Bounce Back and Coping



A person who oscillates between bounce back and coping will feel unstable – sometimes getting through the challenges, sometimes overwhelmed by stuff – sometimes elated, sometimes deflated. The more challenges there are in work and home life, the more tired they will become, and this tiredness will force them back to Coping.

The ticket to shifting from this state is to stabilise the energies and to consider what they need to learn to stay at the higher level of resilience, for example, Bounce Back.

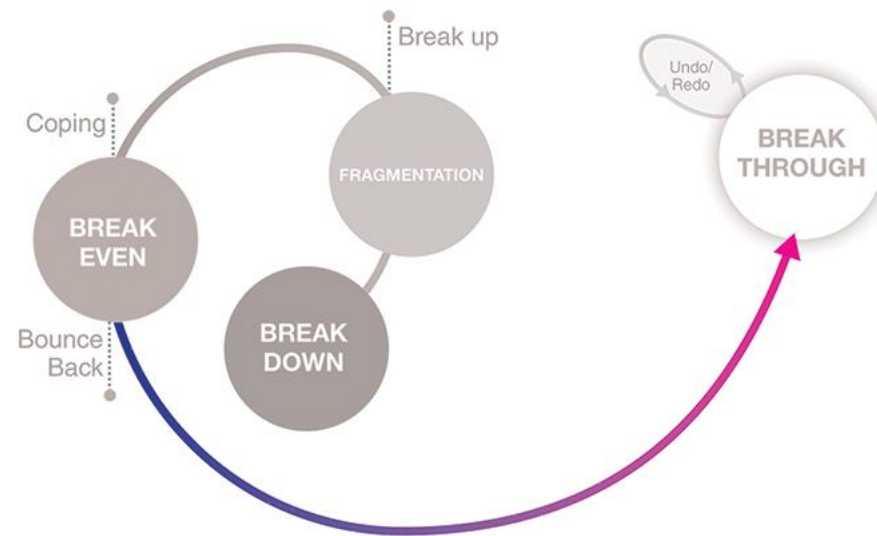
## Bounce Back



A person in bounce back is usually a pretty high performer in life. And they are often busy-busy-busy! Often too busy. So, their energy goes up and down, a bit like the graph shown next to bounce back above. The ups are great, but the downs don't feel good.

The way to shift this is to stabilise their energy. And to start to really consider what they find most meaningful in their life – their purpose.

## The Whoosh



A person on the Whoosh is feeling pretty good because their resilience is pretty high. It may be they feel like that only in one or two kinds of environments, and it doesn't transfer so readily to a new context. But in the day to day, they're in a good spot.

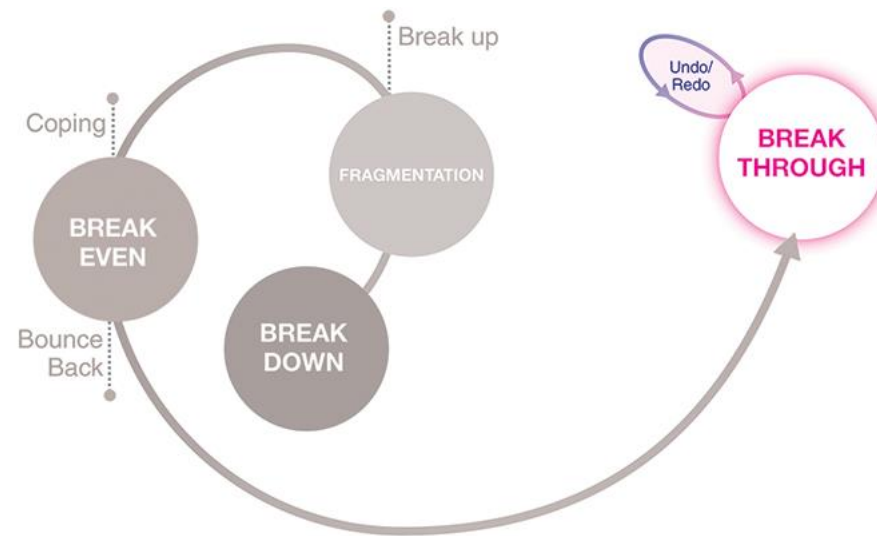
This is someone who is now beginning to align what they do much more to what they want to do. And they won't get so hung up on things. And they'll be catering for their own energy needs such as work-life balance, good sleep, and people around them that care for them. And they'll be excellent at prioritising.

One of their key methods of protecting their resilience is saying 'no!' 'No' to anything that will take them off-course, no to stuff that doesn't matter. To do this, they'll seek and maintain perspective.

The whoosh is another place of instability – it feels like a 'whoosh!' going up it, but also going down it! Getting to that very high level of resilience is another job, and it's all about alignment.



## Breakthrough



This is the highest level of resilience. It's where someone is adaptable, resourceful and energised (both persistent and motivated), no matter what the context is.

This is the kind of person that is themselves no matter who they're with, or where they are. They're at ease. They are attentive. They are energetic. And they know what they're about and what they need to keep themselves like this.

Here is where sustainable success takes off!