



ELEVATE OUR RESILIENCE MINDSET CHECK IN

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Holistic Services Group

Australia's Number 1 Provider of Corporate Holistic Services

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Mission

Together with our customers,
we are driven
to make healthcare better.

LETS RESET AND DISCUSS MINDSET SOLUTIONS ..

- **Remote Resilience** – what are we experiencing, what do we need to do differently; how can mindset support
- **Mindset** – celebration; appreciation; gratitude, acceptance; playfulness; patience; kindness and radical self accountability
- **Practical Solutions** – review your stress signs, symptoms, and choose “mindset” solutions
- **Review Stryker Page**
- **Wellness Planning** – daily, weekly, monthly, quarterly

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A GAME DEPLOYMENT PLAN

Intention – Who I want to BE?

What do I want to feel + experience?

Attitude – What radio station I tune into?

Attention – What I choose to FOCUS on?

Actions – What I choose to DO?

Awareness – Who I am I really BEing?

PRESENCE

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DRAW YOUR TREE



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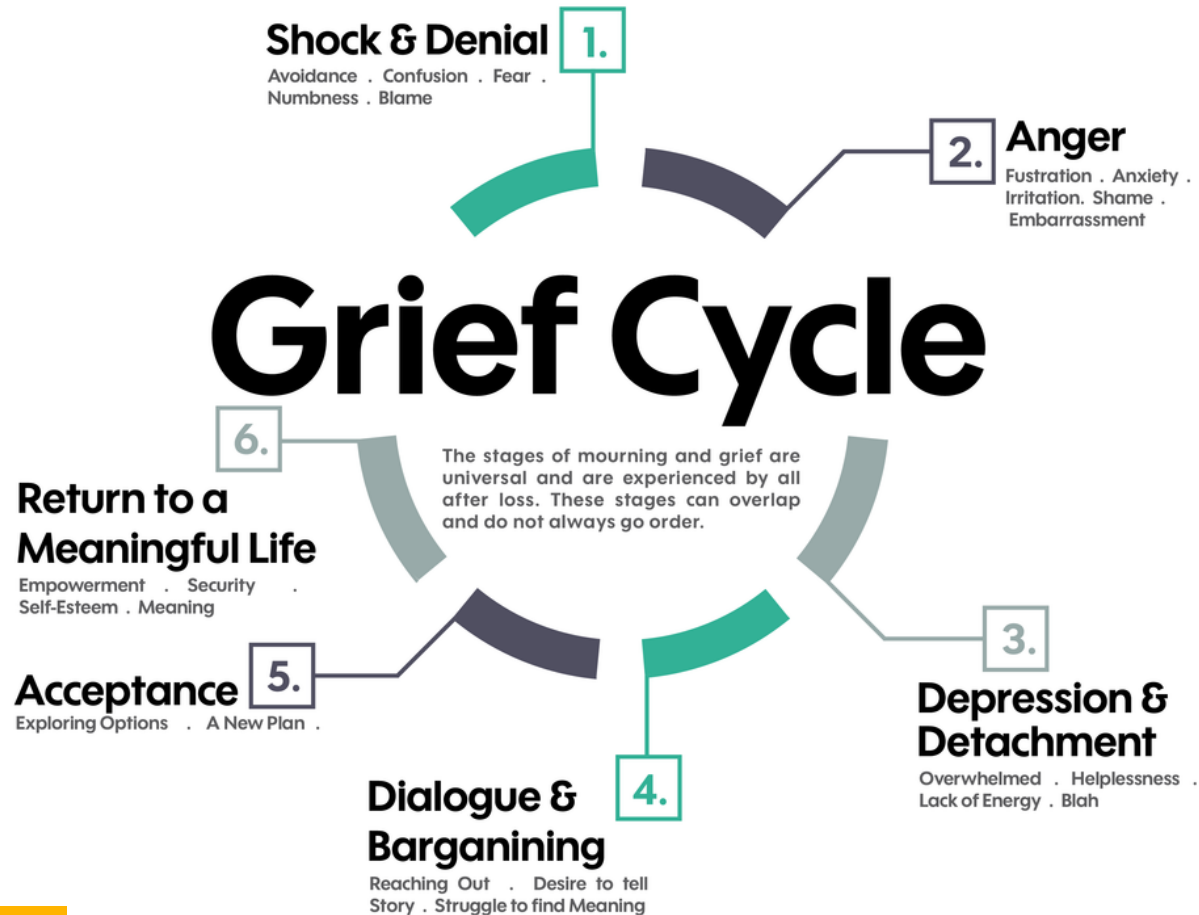
OUR FOUNDATIONS FOR LIFE



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UNDERSTAND WHERE WE ARE



PEP TALK

<https://youtu.be/l-gQLqv9f4o>

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SCHEDULE WORRIES + FEARS

- Intrusive thoughts about what could happen in the future
- Worry predictions are not based on what is likely to happen
- Worry predictions are based on what would be terrible if it did happen

“What if ... _____ ?”
(insert catastrophe)

Examples:

“What if I lose my job?”

“What if I get cancer?”

“What if my loved one dies?”

“What if I humiliate myself?”

“What if I can't fall asleep?”

“What if I lose my mind?”

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resilience ... celebration ... radical
self accountability ... appreciate ...
acknowledge playfulness ...
grateful ... presence
wellness commitments

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TOGETHER WE ARE STRONGER

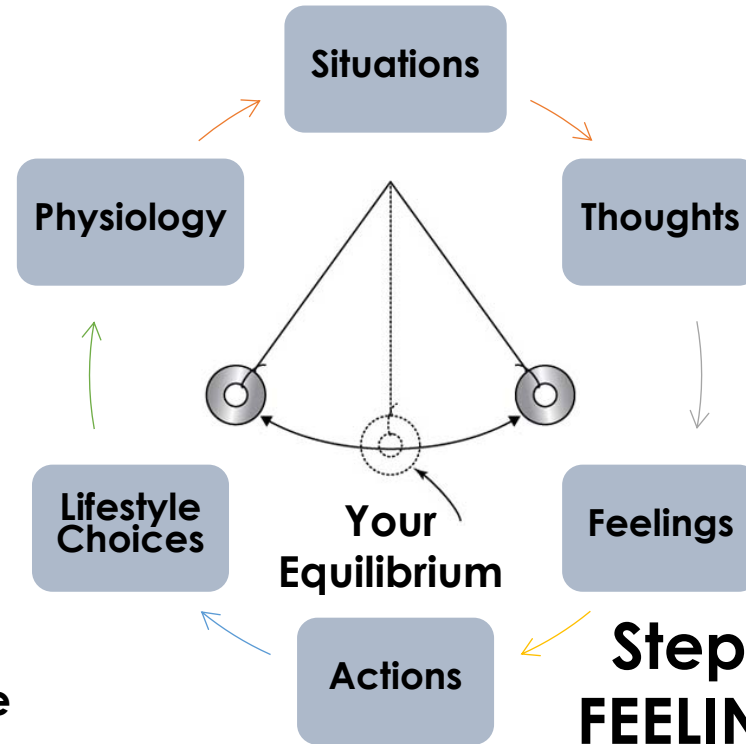
Step 4: SUPPORT EACH OTHER

KEY: Ubuntu

SKILL: Supporting each other to stay committed & accountable

Step 3: ACTION NEW HABITS

KEY: Challenge and change your daily habits & choices
Is this Kind, Useful, Increasing my energy?
SKILL: Create an Accountability Action Plan



Step 1: ATTITUDE IS A CHOICE

KEY: Be Aware: Choose your thoughts wisely

SKILL: Set Your Intention, Focus Your Attention, Choose Your Radio Station

Step 2: ACCEPT YOUR FEELINGS - KNOW YOUR STRESS SIGNS & SOLUTIONS

KEY: Switch Off Stress: Acknowledge your feelings; Choose how you want to feel and what to focus on
SKILL: Power Pause & Reducing Distractions

GROWTH VS FIXED

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none">• SOMETHING YOU'RE BORN WITH• FIXED	SKILLS	<ul style="list-style-type: none">• COME FROM HARD WORK.• CAN ALWAYS IMPROVE
<ul style="list-style-type: none">• SOMETHING TO AVOID• COULD REVEAL LACK OF SKILL• TEND TO GIVE UP EASILY	CHALLENGES	<ul style="list-style-type: none">• SHOULD BE EMBRACED• AN OPPORTUNITY TO GROW.• MORE PERSISTANT
<ul style="list-style-type: none">• UNNECESSARY• SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH	EFFORT	<ul style="list-style-type: none">• ESSENTIAL• A PATH TO MASTERY
<ul style="list-style-type: none">• GET DEFENSIVE• TAKE IT PERSONAL	FEEDBACK	<ul style="list-style-type: none">• USEFUL• SOMETHING TO LEARN FROM• IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none">• BLAME OTHERS• GET DISCOURAGED	SETBACKS	<ul style="list-style-type: none">• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

ABOVE VS BELOW

ABOVE



Confidence
Clarity
Optimism
High self esteem

"HEALTHY STATE OF MIND"

Wisdom
Open

Understanding
Compassion
Perspective
Calm

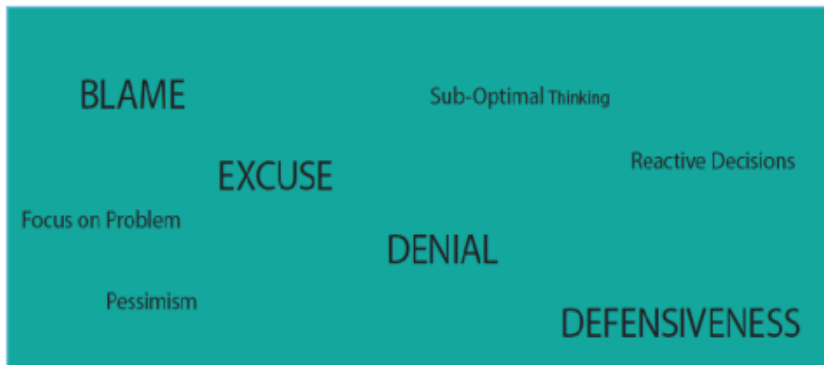
LOVE (in a heart shape)

EASE

"HIGH QUALITY THINKING"

NATURAL DEFAULT STATE

BELOW



Fear
Procrastination
Mistakes
Low self esteem
Closed

"LOW QUALITY THINKING"

Lack of confidence
Doubt
Submissive

DIS-EASE

EGO

Aggression
Worry
Imposter syndrome
Anxiety

Anger
Frustration
Poor decisions

"UNHEALTHY STATE OF MIND"

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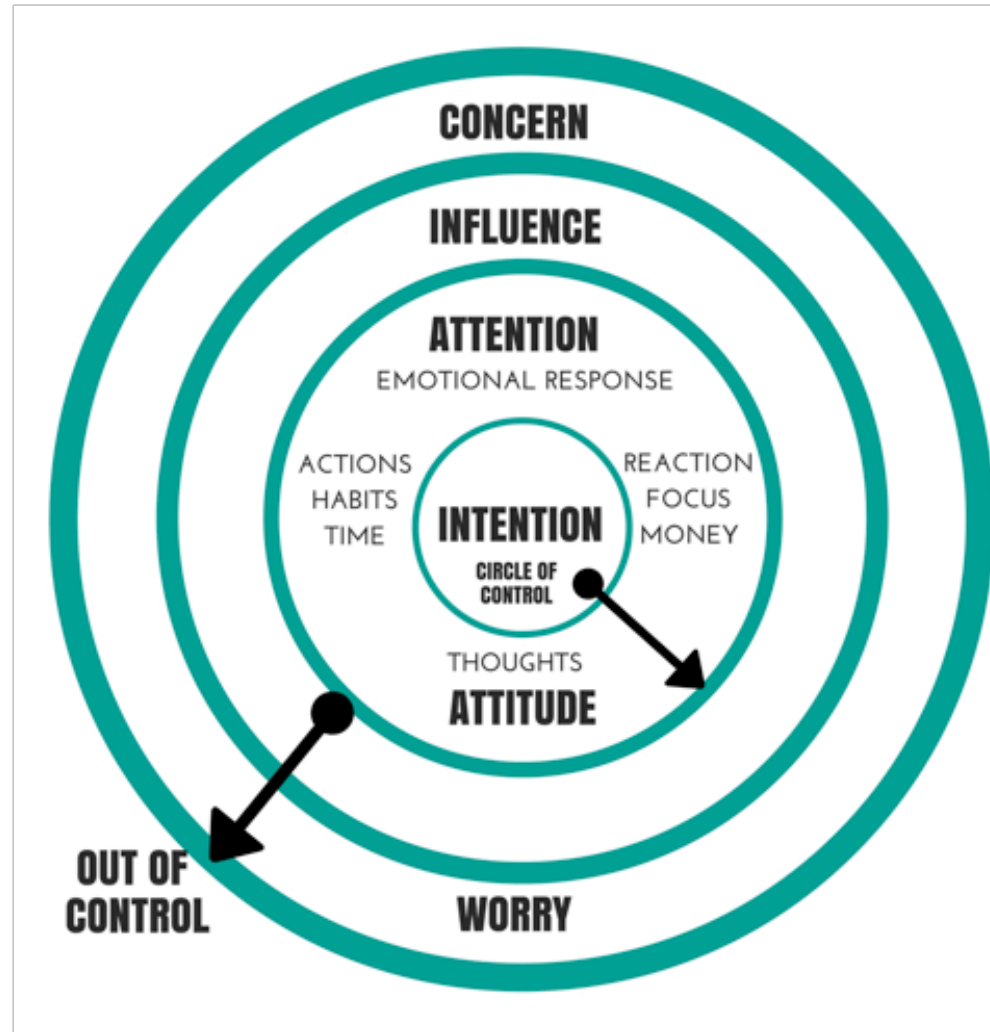
TIME + MINDSET ZAPPERS

- Email
- Internet + News
- Watching TV/Netflix
- Procrastination
- Over Thinking + Excess Worry
- Complaining Conversations
- Over giving + committing
- Below the line mindset
- Social Networking
- Phones & Texting
- Notifications
- Lack of Boundaries

Multitasking



INSIDE VS OUTSIDE



ELEVATE OUR MINDSET

BE KIND

BE CURIOUS

BE ACCEPTING

BE ACCOUNTABLE

BE GRATEFUL

BE GENEROUS

BE PRESENT

BE PASSIONATE

BE PLAYFUL

IDEAS ON WHAT
TO DO???

CELEBRATE EVERYTHING –
SMALL WINS CREATE LASTING TRANSFORMATION

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1min

/

10min

- Water
- Breathe
- Daydream
- Draw
- Stretch
- Lay on the ground
- Listen to music
- Dance
- Circle activity
- Gratitude OR Ungrateful Acceptance
- Thanks to you
- A daily celebration
- Check your feelings
- 3 GOOD Things ..

PRESENCE

- All 1min x 10
- Yoga
- Pilates
- Movement
- Walk
- Phone a friend
- Watch funny video
- Play with children/dog
- Plan your priorities and day
- Do a random act of kindness
- Enjoy a cup of tea or coffee

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PRESENCE

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STRESSING LESS
THRIVING MORE

CONNECTION
HEALTHY HABITS
KEYS TO RESILIENCE

FEBRUARY

ELEVATE YOUR RESILIENCE ONLINE WORKSHOP
TUES 4TH 11 - 12.30PM OR THUR 6TH - 1 - 2.30PM



MARCH

ELEVATE YOUR RESILIENCE TEAM CHALLENGE
starts MONDAY 2ND



WHEEL OF WELLNESS

MEDITATION
MINDFULNESS
OVERCOMING
DISTRACTIONS

MAY

ELEVATE YOUR MINDSET ONLINE WORKSHOPS
TUES 5TH 11 - 12.30PM OR WED 6TH - 1 - 2.30PM



JUNE

ELEVATE YOUR MINDSET TEAM CHALLENGE
starts MONDAY 15TH

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PHYSICAL &
DIGITAL WELLNESS

NUTRITION
MOVEMENT
SLEEP
WOMENS +
MENS HEALTH

JULY

ELEVATE YOUR ENERGY ONLINE WORKSHOPS
WED 29TH 1 - 2.30PM OR THUR 30TH - 11 - 12.30PM



AUGUST

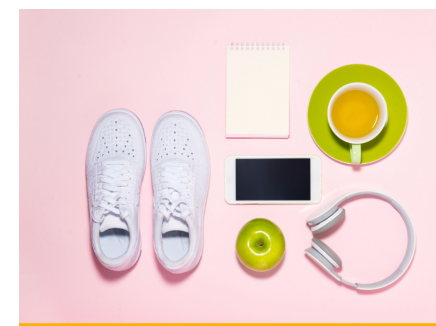
ELEVATE YOUR EAT WELL TEAM CHALLENGE
starts MONDAY 17TH



UNDERSTANDING EMOTIONS
KINDNESS
SELF BELIEF, CARE +
CONFIDENCE
BOOST YOUR HAPPINESS

OCTOBER

ELEVATE YOUR MOOD ONLINE WORKSHOPS
TUE 27TH - 1 - 2.30PM OR WED 28TH 11 - 12.30PM



NOVEMBER

KINDNESS & SELF CARE TEAM CHALLENGE
starts MONDAY 16TH