6 Mindsets for Embracing Change

Presilience is the ability to open yourself up to challenges so that you are better able to respond to future stressors as they arise. With presilience, one toggles between preparing and recovering.

With preparing, one expands the tolerance for hardship and deepens the ability to face stress directly so that stressful events are more manageable and less disruptive. By adopting the right mindsets, stress becomes less debilitating.

With recovering, one takes stock of the situation and learns strategies for moving on quickly and bouncing back.

**TIPS**

**DO THIS EXERCISE TO PRACTICE ACCEPTING STRESS. IT’S NOT TO BE DONE IN THE MOMENT OF THE STRESS, BUT BEFORE AS PREPARATION.**

1. Remind yourself, and your brain, that stress is a normal physiological, body-based response that is there to help you.

2. Relax by focusing on your breath for a few minutes.

3. Visualize the stressful experience. Go slow. Close your eyes and try your best to simulate the stress as it were to happen. You may talk out loud in your mind in the present tense, explaining the situation as it’s happening.

4. Feel the emotions rise and the stress response happen in your body. As you do, ask yourself: Am I blowing this out of proportion? Do I have actual evidence that I’m going to fail? After a couple minutes, do 30 seconds of slow breathing. Notice the feelings of relaxation in your body.

5. Repeat until you notice your anxiety go down.

You may repeat the exercise by recalling other situations, gradually exposing yourself to more difficult scenarios.