

First Aid For Leaders

Resilience Methods for Everyday Professional Life

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***For you,
For your employees,
For your joint success!***

Foreword

Since the outbreak of the Corona pandemic, the importance of resilience has increased exponentially. Those who have, in the past, had to overcome minor challenges in their lives are now confronted with a crisis of significantly greater magnitude. The crucial questions now are, “How do I personally deal with this situation? How well can I cope with it? How optimistic am I that I will get through this crisis without emotional and/or psychological damage?”

If I only have to decide for myself, of course I can do much to maintain or regain my mental balance. There are endless exercises and instructions for achieving this, and everyone can choose what suits and helps them.

But, what about company owners or managers who have to lead other people? Here, other mechanisms are needed to make “leadership” resilient in times of crisis and also to ensure that employees learn how to deal with it. Managers have a special responsibility to fulfil if they are to take their leadership role seriously and not just act as a supervisor.

The coronavirus will not be the only crisis we encounter in the course of our lives, which makes it all the more important for managers to deal with this issue more intensively NOW, not later. All the more reason to be well prepared in the future.

Below, we have compiled some emergency methods that should be helpful for every manager to strengthen their own resilience and also to find ways to give their employees support and security.

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Effective resilience methods

***compiled by leadership coach and
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Resilience method 1 - Quick de-stress

Crises (whether big or small) initially trigger one thing, and that's inner stress.

Without going into more detail about the physiological triggers of stress (extensive research is available in many resilience or mindfulness books; if you are interested, you can read about it for yourself), we would like to explain and instruct on a few methods that everyone can implement immediately.

We experience stress either psychologically (panic) or physically (shortness of breath, dizziness, stomach upsets etc.). As soon as you get into a stressful situation that causes these reactions, the first thing that helps is the so-called B-S-I method, as below.

B-S-I Method

1. Breathe

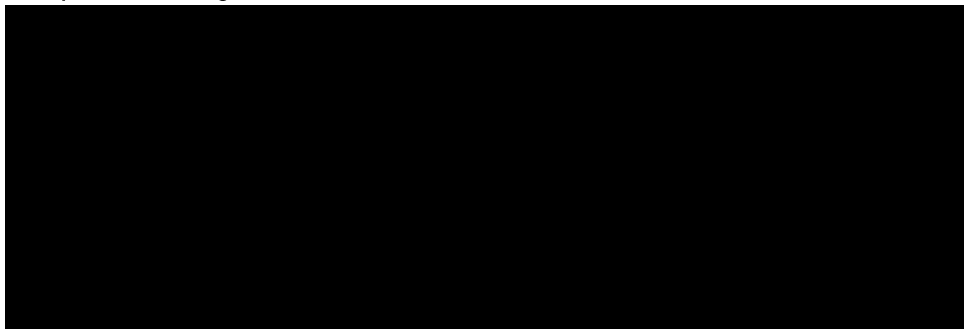
Almost every time we get into a stressful situation, which is usually unexpected and overwhelming, we start to breathe more quickly. The problem with this is that we breathe into our chest and thus do not circulate oxygen properly. This leads to "gasping for breath", which often results in dizziness and/or further panic. The correct breathing is so-called abdominal breathing, which is also practised in many mindfulness exercises. Through correct abdominal breathing, we can quickly control sudden stress. Correct abdominal breathing goes like this:

To ensure that you breathe into your belly, place your hands in a diamond shape with thumbs touching in your belly

button and index fingers touching at the tips and pointing downwards. When you inhale, push your belly through the open rhombus formed by your hands. What can seem very laborious at first becomes normal breathing after a few training sessions and, thus, a resonating body with the ability to breathe in a relaxed manner becomes more and more automatic.

2. Smile

After you have breathed into your belly, do something that you would probably never do when alone. Stand in front of the mirror and smile at yourself. You will feel strange at first, but the principle of mirror neurons works wonderfully here. When you see someone smiling (even if it's you in the mirror and you don't feel like smiling), your organism sends happiness hormones to your brain. You are signalling to yourself that you are doing well and that something pleasant or funny must have just happened. The brain doesn't notice whether it's really like that; it only reacts to what it sees reflected back to it. After about a minute, you will feel the effect (important—the corners of your mouth must point upwards!). Just try it once.



3. Inwardness

With the right breathing and a smile on your lips, it is now vital to focus your attention completely on your inner self and to remain there for a while, as if you were in nature