

# DAILY RESILIENCE PROTOCOL

## A 10-MINUTE DAILY PROTOCOL TO ENHANCE YOUR RESILIENCE

### MINUTE 0–2: PHYSIOLOGICAL RESET

A simple mindful breathing exercise is an incredibly powerful way to get your nervous system under control:

- Inhale through your nose for approximately four seconds
- Slowly exhale for approximately eight seconds
- Repeat until two minutes are up

This simple practice downshifts your nervous system by switching it from heightened arousal to calm because slow breathing slows your heart rate, lowers your blood pressure, decreases muscle tension, and dampens your body's fight-or-flight response. Breathing achieves this by sending a signal to your brain, via the vagus nerve, that there's no immediate threat – thus reducing the intensity of the stress response.

### MINUTE 2–4: REALITY ANCHORING

Now it's time to cut through the noise.

Ask yourself:

- What is actually happening right now?
- What is *not* happening right now, but I'm imagining?

Be concrete and specific – e.g.,

- **Happening:** The price of petrol jumped 10c over night
- **Not happening:** We're not facing fuel restrictions right now, but I'm expecting that we will... and I don't know when

In two minutes, you might think of a few things. They might be quite mundane. If so, that's probably a good thing!

This helps you to separate facts from assumptions from fears. And, by so doing, you will build tolerance for uncertainty and a greater sense of clarity.

## **MINUTE 4–6: CONTROL MAPPING**

Take radical ownership of your day.

Write (or just think) of your responses to the following:

- What can I control today?
- What can I influence?
- What is out of my control?

Then, drop the third category completely. Whatever is out of your control isn't the best use of your time and energy. Focus now on actions that are available to you today: what you can control, and what you can influence.

## **MINUTE 6–8: MICRO-ACTION SELECTION**

Now, pick one or two concrete actions you can take today that either reduce risk or increase stability.

For example:

- Top up one of your pantry staples
- Run an inventory of things you're likely to need in the event of supply shortages
- Reach out to a social contact and arrange a meet-up

Keep the action small so it's accessible, but anchored in the real needs of the moment. This helps build self-efficacy.

## **MINUTE 8–10: CONTROLLED DISCOMFORT**

This might be the hardest part... but it's the one that really gives you the edge.

For your last two minutes, do something slightly uncomfortable on purpose. For example:

- Delay checking your phone
- Hold a difficult thought without trying to push it away or replace it
- Sit with an impulse to do something without acting on it

This trains your ability to feel discomfort and still be in control. This is stress tolerance in action.

## **MAKE YOUR DAILY PRACTICE COUNT**

By sticking with the daily resilience protocol, you can expect some pretty rapid gains – especially if you're new to these skills.

After 1–2 weeks, you can expect to:

- React less impulsively
- Think more clearly under pressure
- Take action more quickly and cleanly

After 3–4 weeks, you can expect:

- Your baseline stress to drop
- Your confidence to increase (because you earned it)

Make sure you stick to these rules, and you'll see results:

- Keep the practice daily, not just occasional
- Don't overcomplicate it – it's only 10 minutes, and it's not a competitive sport
- Don't wait until you feel overwhelmed with stress; training works best when you're stable

In training your resilience muscle, you're becoming someone who:

- Doesn't panic when circumstances change
- Doesn't freeze under uncertainty
- Takes action while others hesitate