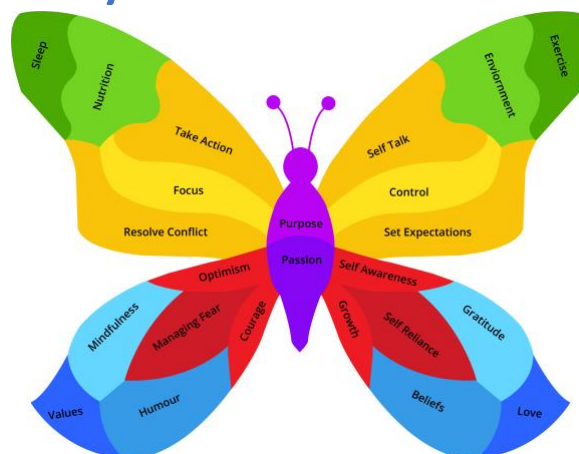


E.Q.I.e Emotional Intelligence

By Transilient Coaching

Building a Resilient Mindset One Day at a Time

Module One Physical Resilience



Environment Workbook

“Within you there is a stillness and a sanctuary to which you can retire at any time and be yourself. “ Herman Hesse

What we’ve learned about our environment is that physical environmental factors contributing to mental anxiety and illness are those that have the power to affect a person’s biology or neurochemistry, thereby increasing their chances feeling low, lethargic, stressed and unable to cope when adversity or difficulty comes to call.

Having a place of refuge is critical to enable us to refresh and recharge – must like plugging in your phone. Have you got a place of refuge?

Exercise: Creating a Refuge – do you have one?

Describe your place of refuge – it can be a place, a belief system, a piece of literature....basically a touchstone where you can spend some time and re-emerge energized and ready to deal with whatever is in your life.

If you don’t have one, describe what one might look like.

How will you benefit from having such a place? When will you use it?

Who else will benefit from you having such a place?

If you don't already have a place of sanctuary, how can you go about creating it?

What are the steps?

What might stop you doing this?

How will you get around those obstacles?

Who can help you?

When will it be ready?
