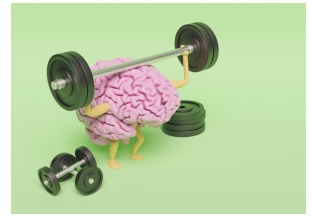


# The ART of Resilience: Building Emotional Agility Reflection Activity Worksheet



## Build Emotional Resilience









### The Vagus Nerve

Longest nerve/wandering nerve  
Parasympathetic activity, rest/digest (relaxation response)  
Heart rate variability (HRV), increasing tone increases resilience

### Stimulating The Vagus Nerve/Enhancing Vagal Tone

- 4:7:8 breathing, 4 x 4 breathing, deep/slow breathing
- Cold exposure: shower (last 30 seconds), face/hands cold water
- Singing, humming, chanting, gargling (vocal cords)
- Meditation, yoga
- Exercise (aerobic and resistance, HIIT)
- Laughter

## Build and Flex Emotional Muscles

- |  |  |
|--|--|
|  Satisfaction |  Enthusiasm |
|  Amusement    |  Admiration |
|  Eagerness    |  Joy        |
|  Acceptance   |  Trust      |
|  Forgiveness  |  Hope       |
|  Compassion   |  Altruism   |
|  Gratitude    |  Empathy    |
|  Serenity     |  |

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## Reflection Activity

Practice vagal toning exercises and notice the impact they have on your emotions.

Identify an emotional muscle you would like to build up or flex more often. Choose one way to invest in this emotion each day.

Create your plan and capture any insights here: