

Strengthening your Resilience Muscle

At a MICRO level: such as '7/11 breathing' before each meeting. This simple technique involves breathing in through the nose to the count of 7 and out through the nose or mouth to the count of 11. Doing this just three times consecutively has been scientifically proven to slow the heart rate and encourage muscles to relax.

At a MIDI level: e.g. scheduling your virtual meetings for 50 minutes instead of an hour – and rating yourself at the end of the week on how many times you have stuck to that discipline.

At a MACRO level: such as booking time off regularly throughout the year, whether to go on holiday or not, to ensure you are a human 'being' not just a human 'doing'.