



# EMOTIONAL RESILIENCE BLUEPRINT



## WHAT IS ER?

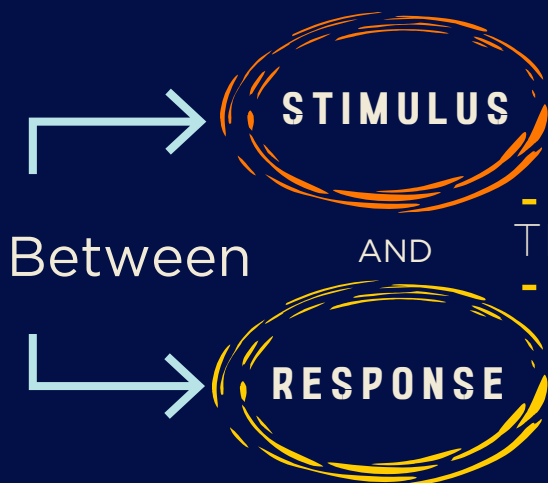
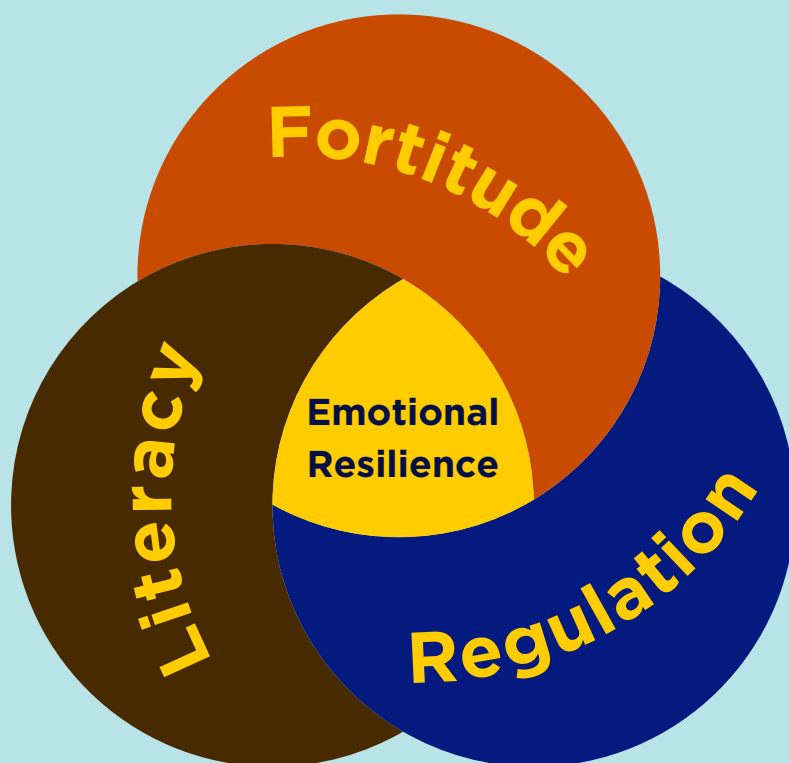
Emotional resilience is the ability to adapt and stay grounded, while maintaining relationships, even in the face of adversity.

It's our ability to widen the space between stimulus and response, allowing us to choose how we show up and **respond rather than react** to life's circumstances.

This **practical framework** outlines 3 key skillsets that build emotional resilience, empowering us to confidently navigate challenges.

## WHY EMOTIONAL RESILIENCE?

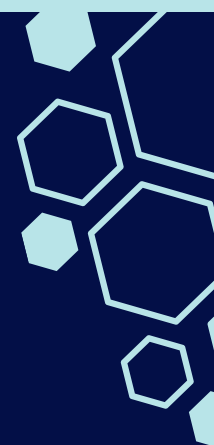
Emotional resilience is crucial for maintaining a **calm, regulated nervous system**. This resilience enables you to support others, build meaningful connections and community, be your authentic self, live out your values, and achieve holistic success.



In that space is our power to **choose our response**.

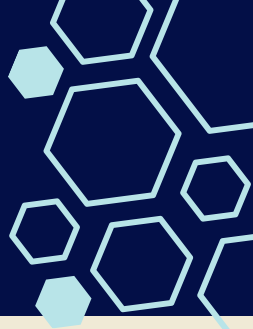
In our response lies our freedom.

~ VIKTOR L. FRANKL





# KEY ELEMENTS



Like a pull-up, emotional resilience is complex move, made up of smaller micro skillsets.

In the diagram below, foundational skills of **Emotional Literacy** form the base, while more advanced skills of **Emotional Fortitude** rest on top, with **Emotional Regulation** skills nestled in between, illustrating how each component is dependent on the others, and how each component strengthens overall emotional resilience.





**STICK YOUR  
NECK OUT.**

## Ready to level up your resilience to thrive no matter what?

Schedule a free 30-minute strategy call to  
enhance your emotional resilience &  
**navigate challenges with confidence.**



**Contact:**

