

THE SEESHELL GUIDE TO RESILIENCY THROUGH TURMOIL

**What do you do during
challenging times?**

**How do you find your joy
when the world around you
appears to be falling apart?**

Let's face it, self-care practices that feed and strengthen us are often the first to go when our schedule gets tight. It's critical we put ourselves first and fight the urge to put us last when the going gets tough.

For me, those practices include daily gratitude acknowledgments, journaling, connecting with family and friends, healthy eating and exercise, and a media break.

I hope this **SeeShell Guide to Resiliency Through Turmoil** brings you the peace and care that you may be searching for.



BUILDING A RESILIENCY TOOLBOX

DAILY JOY PRACTICE

Recognize moments of joy and how they influence and add to the happiness in our lives. It may be as simple as looking back at your photos for those moments of joy you captured last week, last month, last year, or further back. Feel the emotions you felt at those times and tap into that joy.

DAILY GRATITUDE PRACTICE

Keep a Gratitude Journal. Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy.

Remember the Bad. When you remember how difficult life used to be and how far you have come, you set up an explicit contrast in your mind, and this contrast is fertile ground for gratefulness.

Make a Vow to Practice Gratitude. Research shows that making an oath to perform a behavior increases the likelihood that the action will be executed. Therefore, write your own gratitude vow, which could be as simple as "I vow to count my blessings each day," and post it somewhere where you will be reminded of it every day.

Go Through the Motions. Grateful motions include smiling, saying thank you, and writing letters of gratitude. By "going through grateful motions," you'll trigger the emotion of gratitude more often.

JOURNALING

In addition to a wealth of other benefits, personally and professionally, adopting a journaling practice is proven to reduce stress and anxiety.

HEALTHY EATING AND EXERCISE

As well as the obvious outcomes such as living longer and stronger, healthier eating and movement help us have a stronger immune system, improves our mood, and reduces stress.

MEDIA BREAK

A media break can mean news media, social media, and disconnecting from electronics. The distractions and detriments of engaging too often on any of those can keep us in a perpetual state of anxiety or stress over things that are beyond our control.

VOLUNTEER

It's virtually impossible to feel down when helping others. Don't give until it hurts, give until it feels good is a favourite saying. Guess what? It doesn't take much to give until it feels good. Your heart, mind, and soul will thank you, as will your community.

MEDITATION, MINDFULNESS, AND BREATHING EXERCISES

Although these can be done separately, these three provide even more benefits when they're used together. Proven positive effects include reduced stress levels in the body, lower heart rate, lower blood pressure, reduced depression, better management of chronic pain, improve diabetic symptoms, and better regulation of our body's reaction to stress and fatigue.

ASK YOURSELF THREE DAILY QUESTIONS

(credit: Karen Walrond)

First, how can I feel connected today? Even if I don't feel like physically connecting with my people in person, I can reach out over text or phone. If I'm feeling all the feels, others likely are too and will welcome the connection themselves

Second, how can I feel healthy today? Even if I'm not motivated to do a formal exercise routine, how can I include some movement that will make my body happier? What can I eat that will fuel me better?

Third, how can I be purposeful today? That is such a wide-open question. It can be as simple as becoming more knowledgeable on something that's important to me through reading or watching a documentary, or as big as showing up in a meaningful way for a cause I believe in.



Shelley Langille



I am an empowering coach, connector, and communicator who's passionate about helping people excel and realize their potential, inspiring organizations to create a supportive learning and employment environment and building collaborative relationships. I build partnerships and link like-minded people and institutions.

I'm the founder and president of SeeShell Consulting and the International Coach Coalition (launching in Spring 2022). SeeShell Consulting provides transformational career and executive coaching as well as consulting services in the areas of business development, leadership, and change management to individuals and organizations, with a focus on national and regional public safety uniform sectors.

I'm a Certified Executive Coach (CEC) through Royal Roads University, an Associate Certified Coach (ACC) and member of the International Coach Federation (ICF), and I have twenty years of career coaching experience.

My coaching focus includes working with military, fire, police and public safety leaders in their career advancement and transition goals; helping people let go after being let go to find closure and new opportunities after losing their job; and coaching organizations on how to treat staff as well on the way out as they do on the way in, and the employment space in between.

In addition to exceptional skills and experience, I possess personal leadership characteristics such as emotional intelligence, mindfulness, an attitude of gratitude and positivity, creativity, resiliency, flexibility, perseverance, tenacity, and the art of persuasion and influence.

What can I do to help you excel? How can you make certain your company models a culture that aligns with your brand and ensure your staff and organization thrive?

I can help you find your answers.



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Shifting your mindset to uncover opportunities and move forward with purpose and confidence.

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