



Leaning into Resilience

A guide to reconnect, recharge, and re-root yourself in leadership and daily life.

What Is Resilience?

Resilience is not about “staying strong” or pretending everything is okay. It’s the ability to recover, reset, and reconnect—especially after stress, trauma, or hardship. It’s not about bouncing back to who you were but moving forward with who you’ve become.

Resilience is built, not born. And it’s not a solo project—community, culture, and compassion all strengthen it.

Check-In: How Am I, Really?

Before we build tools, let’s notice where we are. Circle or reflect on what resonates:

Body	Tense Restless Numb Calm Energized Heavy
Mind	Racing Foggy Focused Anxious Present
Heart	Disconnected Tender Hopeful Closed Overwhelmed Grateful

 *What’s one word that describes how you feel today?*

 *What might your body be trying to tell you?*

Daily Anchors (Things That Help You Feel Grounded)

Identify 3–5 practices that help you reconnect with yourself:

- Breathwork or pausing before transitions
- Drinking water mindfully
- Starting the day with a prayer, song, or stretch
- Connecting to an elder or cultural practice
- Music, art, or journaling
- Saying no with care

 *Which of these could you try this week? Add your own.*



Recognizing Early Signs of Burnout

Resilience means noticing the signs early. Here are some common cues:

- Emotional numbness or over-reactivity
- Dread at the start of the day
- Disconnection from joy, purpose, or people
- Trouble sleeping or concentrating
- Constant “shoulds” and no space for rest

 *What are 3 signs that show up when you're moving toward burnout?*

Boundaries = Compassion in Action

Boundaries aren't walls—they're invitations to honor your capacity.

Scripts to practice:

- “I'd love to support you, but I need rest first.”
- “Let's circle back when I can give this my full energy.”
- “I'm not able to take that on right now—and that's okay.”

 *Write a boundary you want to practice this week:*

When I'm in Survival Mode...

Noticing which zone you're in can help you shift with compassion:

Zone	What It Might Feel Like	Supportive Shift
Hyperarousal	Racing thoughts, tension, irritability	Move your body, deep breath, cold water
Hypoarousal	Numb, disconnected, flat	Music, call someone, light, warmth
Regulated	Calm, present, emotionally responsive	Maintain routines, connect, gratitude

 *Which zone are you usually in during your work week? What helps you return to regulation?*



Resilience Rituals (Daily/Weekly)

These don't need to be big or time-consuming—they just need to be yours.

Examples:

- Light a candle before work and blow it out to close your day
- Journal: "What do I need today?"
- End your week with a gratitude text to a friend
- Walk and leave your phone behind
- Cook one meal each week with music and no rush

 Choose 1 ritual you'll try this week:

Affirmation

"I deserve to rest, recover, and lead with clarity. I am allowed to take up space and take care of myself."

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