



InspireCorps + Yale Law School

# Strategies for Resilience and Agility

- Positive Emails folder
- Getting space - take a walk, call a friend, listen to music
- Journaling
- Deep breathing - box breathing reset tool
- Focus on performing to get through and then find time to process
- Get space, then ask:  
“How do I want to show up in this moment? Who do I want to be?”
- Going to trusted colleagues and friends that are level headed to help me see things more clearly and level set
- Walk away - take a break and do something completely different to refocus my mind
- Ask for Help (doing) or Ask for a Lift (being)
- Have someone that I can vent to
- Take a walk outside in the yard - access nature
- Turn to learning to give perspective - read something about leadership or management but in a different industry, something that can inspire new thinking

