

# RESILIENCY

## Resiliency In The Moment: Be Present



“Use your presence to connect with and be open to what will occur between you and others.”

- Abraham Lincoln

## Center yourself to connect with others

1. Stop.
2. Take an intentional pause.
3. Ask yourself:
  - Is there anything getting in my way of connecting with others now?
  - Should I take a minute to connect with myself first?
  - What can I do to be fully present?

We move so fast at work that frequently we do not stop and reflect on what is going on with ourselves. While we may wish someone will take a moment to connect with us, take a moment to connect with yourself.

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