

# *Resilience Wheel Toolkit*

**YOUR LIFE-CHANGING GUIDE TO  
OVERCOME STRESS, BOOST WELLBEING,  
AND FLOURISH!**



**OLGA PHOENIX**



## HI NEW FRIEND!

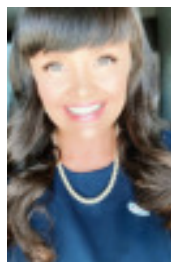
Welcome to the Resilience Wheel Toolkit! I'm so glad that you are here! My name is Olga Phoenix and I'm the creator of the Resilience Wheel. In April 2020 I released this new wellbeing tool along with its companions, the Resilience Wheel Assessment and Create Your Own Resilience Wheel, in response to unprecedented physical and mental health challenges posed by a world-wide pandemic.

For the past 15 years I've been fortunate enough to serve as a resilience and wellbeing expert, speaker, and strategist- empowering individuals and organizations all over the world to grow and thrive. The Resilience Wheel and its companions were created to do just that- to help guide you to a full, nurtured, intentional, balanced, resilient, and flourishing life.

Whether you are here to gain the strategies necessary to overcome obstacles to your own wellbeing and happiness or to inspire others to make a positive life transformation and create lasting change- the Resilience Wheel Toolkit is designed to help you or your clients restore, increase, and sustain a sense of resilience and wellbeing during these challenging times.

The multitude of tools, assessments, and strategies you'll find here will serve as a powerful kickstart for you or your clients' personalized, sustainable resilience and wellbeing journey and a healthy, intentional, and meaningful life! Together, we can close the gap between where you are and where you want to be. Now, it's your time to flourish!

In deepest gratitude for all you are and all you do,



**Olga Phoenix, MPA, MA**

**Website** [www.olgaphoenix.com](http://www.olgaphoenix.com)

**Courses** [academy.olgaphoenix.com](http://academy.olgaphoenix.com)

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# WHY IS RESILIENCE IMPORTANT?

In the past few decades, the concepts of resilience and wellbeing were studied very extensively and were directly linked as vital and necessary parts of one another. The state of wellbeing- an experience of good physical and mental health, high life satisfaction, a sense of meaning and purpose, and improved ability to manage stress- was directly connected to the concept of resilience. People who fostered resilience on a regular basis were feeling much less stressed, more happy, healthy, socially connected, and purposeful than those who didn't. Thus, we discovered that engaging in ongoing resilience building practices offered us not only a priceless opportunity to handle stress and adversity more effectively, but with commitment and practice, could actually afford us a sustainable state of wellbeing, happiness, and overall life satisfaction despite of what was happening in the world or our lives! How exciting and hopeful is this?

## WHAT IS RESILIENCE?

American Psychological Association defines resilience as the ability of an individual to maintain a positive attitude, physical and emotional wellbeing in the face of significant adversity. This is the most commonly used definition of resilience. Sometimes, however, it's understood as a biological, inherent ability of a person to withstand hardships in life, as in some people have it, and some don't. This could not be farther from the truth!

My favorite definition of resilience is by the Resilience Institute-learned ability to recognize risk, bounce skillfully, and secure robust physical, emotional and mental wellbeing. This definition includes the very important and very hopeful notion that resilience can be learned by anyone and can result in a strong state of wellbeing.



# SO HOW DO WE BUILD RESILIENCE?

I like to think of resilience as an ongoing process of using a specific set of personalized resilience building tools consistently which result in a sustainable state of wellbeing. Who doesn't want to experience good physical and mental health, high life satisfaction, a sense of meaning and purpose, and improved ability to manage stress on a regular basis? And now that we know that building our resilience toolkit will actually get us there, we'll be more likely to dedicate some time to exploring various resilience fostering strategies and discovering what works for us. Exciting, right?

I studied resilience for some time now, and what I discovered is that at its foundation, resilience building has 3 core components: self-care, nurturing relationships, and living with purpose and meaning.

How does it look in real life? Here are a few examples of resilience building strategies in each of these 3 core components:

## 1. SELF-CARE:

We can nourish our bodies with care, practice media detox, create a gratitude routine.

## 2. RELATIONSHIPS:

We can improve our relationship with self by noticing our inner dialogue or starting therapy, we can learn our and loved ones' communication styles and needs, we can search and find our tribe or support group.

## 3. LIVING WITH PURPOSE:

We can help others, be intentional with our lives, we can actively pursue our goals, learn, self-discover, and grow.





## HOW DO WE DISCOVER RESILIENCE STRATEGIES THAT WORK FOR US?

I have a great solution for you! In April 2020, in response to unprecedented physical and mental health challenges posed by the worldwide pandemic, I created and released a brand-new wellbeing tool called the Resilience Wheel. The Resilience Wheel, which features 3 core components of resilience building- sustainable self-care, nurturing relationships, and living with purpose, is designed to help you restore, increase, and sustain your sense of resilience and wellbeing during these challenging times. The Resilience Wheel companions are the Resilience Wheel Assessment and Create Your Own Resilience Wheel tools.

**The following pages will serve as a powerful beginning to your sustainable, individualized resilience and wellbeing journey and thriving, purposeful, and flourishing life! Let's begin!**

# Resilience WHEEL



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I wanted to create an engaging and simple tool to help people visualize 3 core components of resilience in action. The Resilience Wheel consists of 3 core components: self-care, relationship, and life purpose. Each component is further broken down into 3 separate focus area categories. In total, we have 9 focus areas representing parts of our lives which we can examine:



### 1. Self-Care component is broken down into:

- self-care for body
- self-care for the mind
- self-care for the spirit



### 2. Relationships component is further broken down into:

- relationship with self
- relationships with loved ones
- relationship with community



### 3. Life purpose component is further broken down into:

- our values
- our goals
- our passions

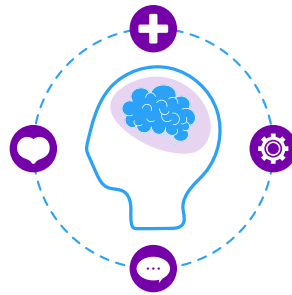
Each of the 3 core components are very broad topics- and the categories are there to help narrow down your focus areas, as well as to identify things you are already doing tremendously well, things that are challenging, and things you'd like to be doing more of.

For example, you might already be engaged in volunteering at local pet shelter or reading books to kids at your library. The community category of your relationship component has been met very well. Now we can focus on another category, for example, your relationship with your loved ones and yourself. If you feel like there is a piece missing there, it would be opportunity for you to foster resilience in these areas of your life.



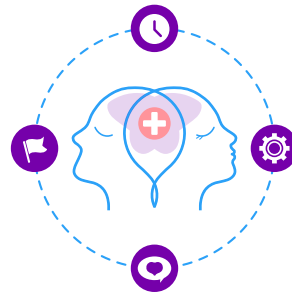
To help you do this – each of the 9 categories contains 4 different resilience and wellbeing building strategies on how you could go about nurturing that part of your life.

For example, if you 'd like to improve your relationship with yourself-here are 4 strategies you could try out:



- Notice Your Inner Dialogue
- Connect to Your Body
- Pursue Personal Healing
- Practice Loving Yourself

or to improve your relationships with loved one you could:



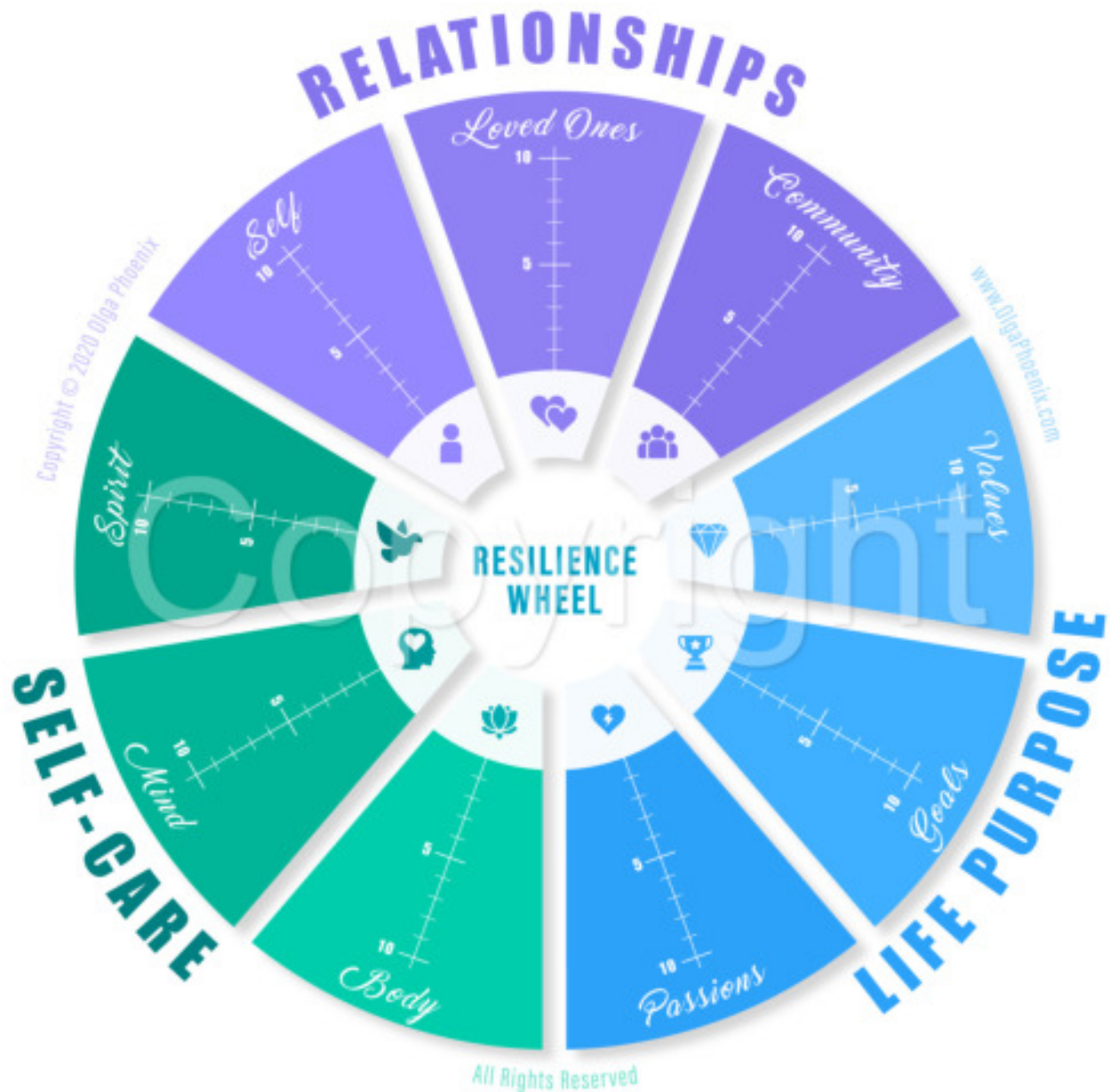
- Commit to Quality Time
- Improve Interpersonal Skills
- Learn to Set Boundaries
- Say “I Love You” More

The goal here is to show ourselves that building resilience and thus wellbeing is easier than it sounds and that there are numerous options and opportunities for us to do so. The Resilience Wheel also gently encourages us to take stock and determine which areas of the wheel and our lives have the most priority for us, and help us make educated intentional choices on which specific strategies should go on our personal sustainable and well-rounded resilience and wellbeing plan.

Next, I'd like to introduce you to the Resilience Wheel Assessment tool.



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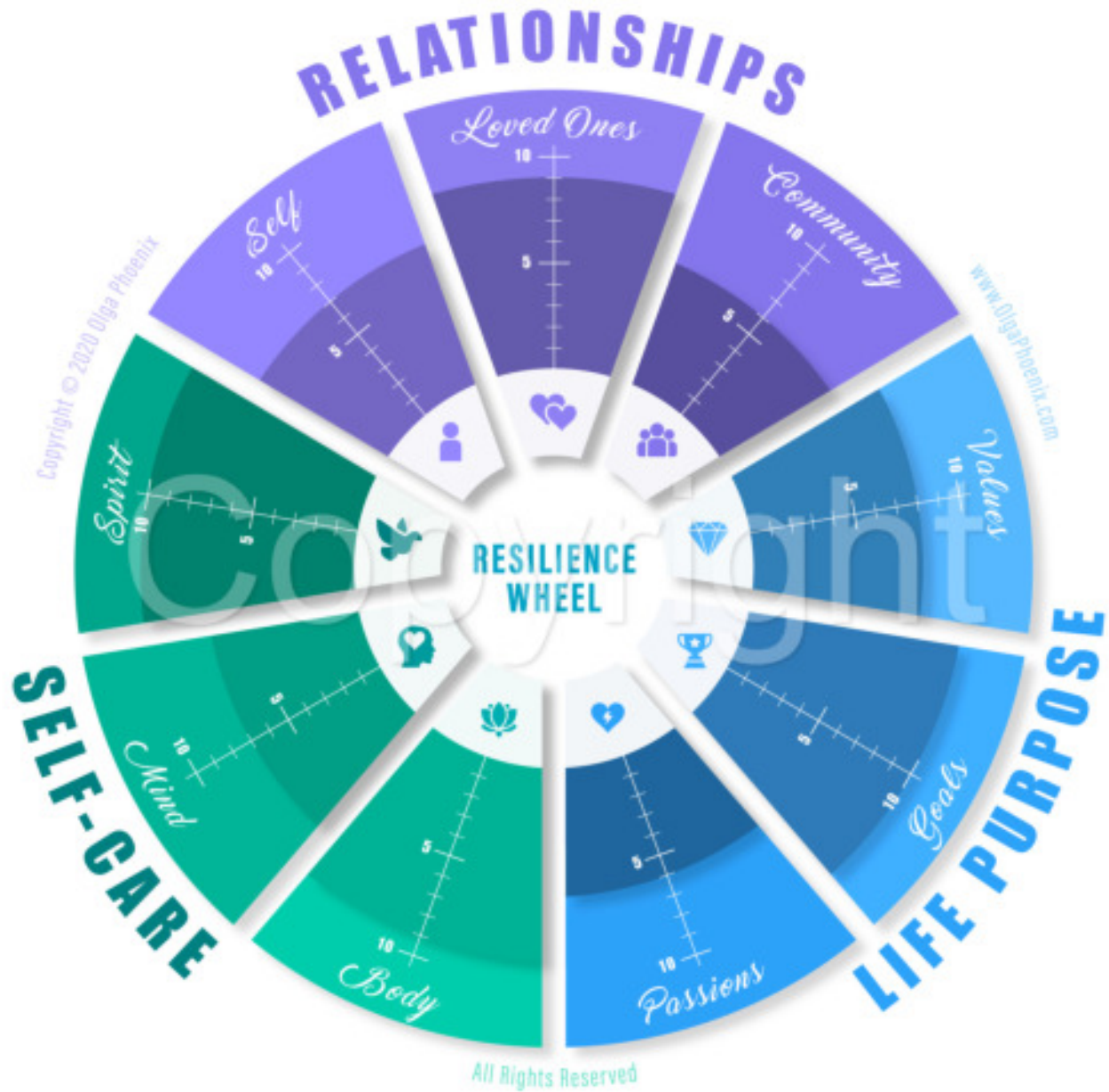
To help us go even further into our self-discovery activity, we can utilize the Resilience Wheel Assessment tool. Here we can rate ourselves from 0-10 in each of the 9 categories. With a score of 10 signifying that we are spending a lot of time and energy in this part of our lives, that we are completely satisfied, and that the strategies we are utilizing here have done wonders for us.

The score of 0, on the other hand, shows us that we haven't spent a lot of energy in this area of our life. And sometimes it's a great thing because it's intentional, exactly how we want it to be, and our personal choice. And sometimes it might be something to think about and maybe decide to make a conscious effort to engage in this category more often because doing so would greatly improve the quality of our life.

Now is a wonderful opportunity to invest in ourselves, to spend some time filling out the Resilience Wheel Assessment, and to discover what works, what's challenging, what's a priority, what could be put on the back burner, and what specific areas of our lives are calling for our nourishment, love, and care. Knowing this information would make choosing and fostering our resilience and wellbeing building strategies so much easier and within reach.

Next, let's move to interpreting the results of our Resilience Wheel assessment

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Whatever the result - we are now one step closer to our personalized, sustainable resilience and wellbeing building plan- thus one step closer to a healthier, happier, more purposeful life. And it's a fantastic thing! Let's pat ourselves on the back for completing this undertaking - we know it wasn't easy. Now let's mindfully and non-judgmentally interpret our scores.

If our scores range from 8 to 10 in any of these categories, we are doing great! Chances are we are very satisfied in these areas of our lives. We are obviously doing something right and it's working for us very well. The important thing is to reflect on which specific strategies have gotten us here and to continue doing what we are doing to ensure continuous life satisfaction in this area.

If our scores range from 5 to 7 in any of these categories, we are reasonably satisfied in these areas but there is room and possibly a desire for improvement. What an amazing opportunity to explore strategies and ideas that will help us move up the scales!

If our scores range from 0 to 4 in any of these categories, these areas of our lives might be challenging for us and we may want to explore various ways to improve our life satisfaction here. Again, this is an excellent and exciting chance for self-exploration, self-discovery, self-improvement, and growth!

## ASSESSMENT REFLECTION

We may want to reflect on why we scored the way we scored in all these categories to help determine what areas, strategies, and tools are working for us and what areas may require more of our time and energy moving forward. Let's take some time to answer the questions below.

CATEGORY	SCORE (0-10)	WHY DID I SCORE THIS WAY?
SELF-CARE/Body		
SELF-CARE/Mind		
SELF-CARE/Spirit		
RELATIONSHIPS/Self		
RELATIONSHIPS/Loved Ones		
RELATIONSHIPS/Community		
LIFE PURPOSE/Values		
LIFE PURPOSE/Goals		
LIFE PURPOSE/Passions		

.....

Which categories or areas of my life do I have the most satisfaction in? Why? Is there a common thread in regards to the time I spend there, activities or strategies I'm engaging in, specific support systems I have?

Which categories or areas of my life do I have the most dissatisfaction in? Why? Is there a common thread in regards to the time I spend there, activities or strategies I'm not engaging in, specific support systems I'm lacking?

Which categories or areas of my life do I want to focus on to improve my life satisfaction levels?

What specific resilience and wellbeing activities or strategies can I utilize to improve my life satisfaction levels?

What specific resilience and wellbeing activities or strategies would I like to try or have been thinking about trying in any of the 9 categories of the Resilience Wheel?

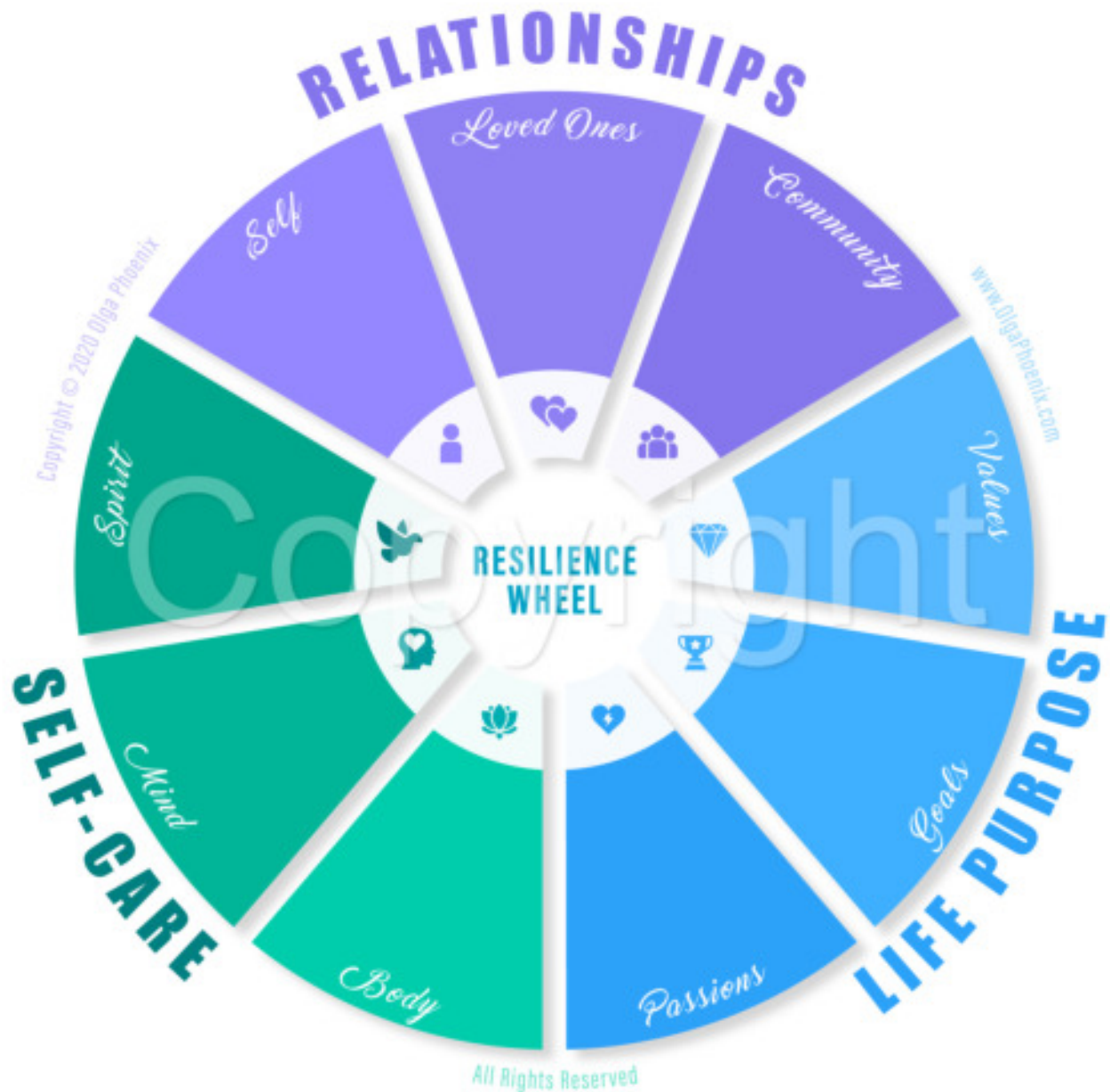


**Let's congratulate ourselves on taking time for us, and thoughtfully answering these questions!**

We are now equipped with the results of our hard work and self-exploration! Now we'll be able to create our own Resilience Wheel, full of personalized strategies, tools, and activities that will work specifically for us. Let's transfer our self-discoveries into our own, sustainable, and personalized Resilience Wheel!



# Resilience WHEEL



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We have now created an educated, intentional, and precise snapshot of our personal sustainable and well-rounded resilience and wellbeing plan. It's time to commit, put this wheel in motion, and start taking actions that will bring us a happy, healthy, and meaningful life we deserve! What are 3 immediate actions we can take to help restore balance and enhance the areas of our lives we feel need it the most? Let's take some time and write down our 3 immediate actions below. To help ourselves with completing these actions, let's make our actions SMART (Specific, Measurable, Achievable, Realistic, and Time-bound):

IMMEDIATE ACTION	DESIRED RESULT	COMPLETION DATE
Action 1		
Action 2		
Action 3		

Now, let's pause and admire all this tremendous amount of work and self-discovery we've done! And all this fantastic progress we've made! Congratulations on starting this amazing transformational journey to health and wellness! I can't wait to see what wondrous gifts, opportunities, discoveries, and positive changes your life has in store for you! Now is your time to thrive!

Go forth, do incredible things, and flourish!

In deep gratitude,

**OLGA PHOENIX**





## WHAT'S NEXT?

Below you'll find some additional resources available to you as well as answers to most often asked questions. I encourage and invite you to email me at [olga@olgaphoenix.com](mailto:olga@olgaphoenix.com) with your questions, comments, suggestions, and recommendations about this guide, the Resilience Wheel tools, or anything else that came across your mind while reading this publication. I very much look forward to hearing from you!

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As my gift to you for downloading this guide I would like to offer you a **25% OFF discount for individual or agency-wide access on any one of our online academy courses with the coupon code RWGUIDE**. Certificates of completion are available to you to meet your training and professional development requirements. **4-hour online course “Path to Wellbeing: Bouncing Back with Resilience Wheel”**.

To further explore the Resilience Wheel and practical exercises, tools, and strategies designed to help you close the gap between where you are and where you'd like to be, please visit Olga Phoenix Online Academy ([link academy.olgaphoenix.com](http://academy.olgaphoenix.com)) where, along with multitude of other resilience and wellbeing offerings, you'll find our 4 hour online course “Path to Wellbeing: Bouncing Back with Resilience Wheel.” In this course you'll gain a unique insight into research, myths, and facts about the science of resilience and wellbeing; explore practical strategies and tools with the Resilience Wheel; engage in a series of step-by-step experiential exercises and assessments specifically selected to empower and inspire you to find your own path to wellbeing; discover a great abundance of amazing free or mostly free resources, plat-

forms, and tools available to you online; and ultimately, be prepared to successfully integrate your newfound personalized sustainable resilience and wellbeing plan into your life.

**8-hour online course “Strategic Resilience: Your Agency's Guide to Wellbeing and Vicarious Trauma Prevention”**.

This course will guide you or your team through individual personalized sustainable resilience plan building process with the Resilience Wheel; as well as introduce you to a variety of evidence-based customizable programming, evaluation, and implementation strategies and tools to foster vicarious-free organizational culture of resilience and wellbeing. Customizable assessments, workbooks, and programming tools such as Resilience Wheel tools; My Values Assessment; Organizational Vicarious Trauma Crisis Response and Resilience Building Assessment; Wellbeing and Resilience Building Survey for Leadership and HR; Wellbeing and Resilience Building Survey for Staff; 7 Programming Strategies Worksheet will be provided for download. This course will give you or your team a blueprint for personal and organizational resilience and wellbeing for years to come.

## KEYNOTES, TRAINING, AND CONSULTING OPPORTUNITIES

We offer a wide range of speaking, training, and strategic development opportunities. To learn more-please visit [www.olgaphoenix.com](http://www.olgaphoenix.com). To request a keynote for your upcoming conference, private agency training, or resilience and wellbeing assessment, evaluation, and programming consulting opportunity- please email us at [info@olgaphoenix.com](mailto:info@olgaphoenix.com). We cannot wait to see how we can be of service to you and your team!

