

RESILIENCE FACTOR

Acceptance

In stress or pressure situations we are often in a proverbial tunnel. In evolutionary terms, it makes sense to fade out everything unimportant at this moment. However, we often lose our detached and analytical view.

The 4 A's are a reminder, a mental emergency program that helps you not to lose too much energy in stressful situations through dysfunctional emotions and reactions.



ADOPT

- ✓ Recognizing stress signals (emotional, mental, physical) as early as possible
- ✓ Clear and conscious decisions to accept



COOL DOWN

Even a simple breath can help to cool down. Even short relaxation techniques or movement causes an inner accumulation and throttling of excessive reactions.



ANALYZE

After cooling down you are able to pause for a moment and assess the situation realistically. Then you can consciously choose between the following options for action:



ACTION

- no tell
- delegate
- seek support
- replan



DISTRACTION

- change of topic
- movement
- listen to music
- talks