



Building Resilience

A Tool from the Corentus
Team Development Toolkit





The 4-Step Method

The 4-Step Method

1



**Resonant
Breathing**

Heart-
Focused
Breathing

2



**Positive
Feeling**

Gratitude &
Appreciation
Practice

3



**Reframe
Thinking**

Thought
Shifting
Inquiry

4



**Engage
Action**

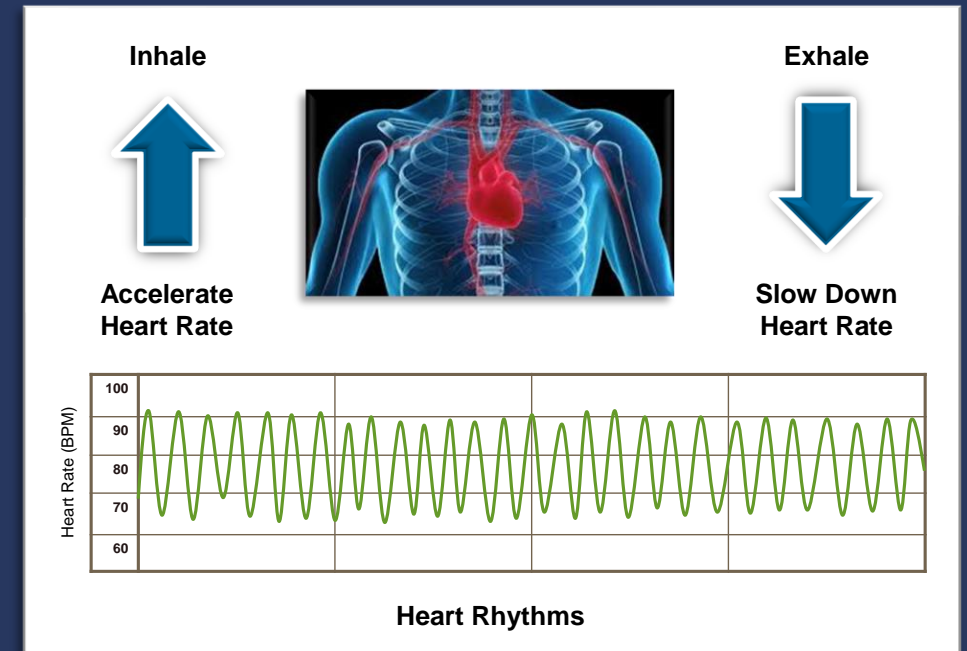
Making
New
Choices

Steps 1 and 2

Breathing is both involuntary and voluntary. We don't need to plan how and when to take each breath, but if we consciously change our breathing using a specific pattern, and we accompany this pattern with feelings of gratitude or appreciation, we can enter into a state called *Coherence* and shift our state of mind in the moment. Coherence is characterized by emotional stability, mental clarity, increased creativity, improved decision making, and greater focus and concentration.

This breathing pattern is achieved by breathing in and out deeply for a total of 10 seconds. (You can use 5 seconds in and 5 seconds out as a mantra). When breathing in this manner, you will complete a total of 6 breaths per minute which is critical. It is important to know that when we inhale, our heart rate accelerates, and when we exhale our heart rate slows down. This reciprocity in heart rate produces a highly rhythmic pattern which enables coherence.

Once you achieve this breathing pattern, you can focus your attention on the area around your heart, and imagine you are metaphorically breathing in and out through your heart as if there was an open space through which the air could flow. Finally, as you engage this heart-focused breathing, you can activate a genuine feeling of gratitude or appreciation and breathe this feeling in and out through your heart.



McCraty, Atkinson & Tomasino (2001); Caillet, Hirshberg & Petti (2015, 2016), Nagarajan (2014), Isen (1999)

Steps 1 and 2: Instructions

1



Instructions:

When you find yourself in a situation in which you are stressed, do the following:

1. Begin to breathe in a slow and deep manner until you achieve consistency.
2. Focus your attention on the area around your heart and breathe in and out through your heart, ensuring the total time for each breathing cycle = 10 seconds. (You can use 5 seconds in and 5 seconds out as a mantra).
3. Repeat the cycle until you feel a shift in your physiology.

2



Instructions:

With resonant breathing engaged:

1. Activate a positive feeling of gratitude or appreciation. (Focus on anything that feels good, e.g., a special person or place, a beloved pet, a favourite activity, etc.).
2. Actually feel it—experience the feeling.
3. Keep the feeling of gratitude or appreciation for as long as you can.
4. Maintain resonant breathing as you experience this feeling.

Steps 3 and 4

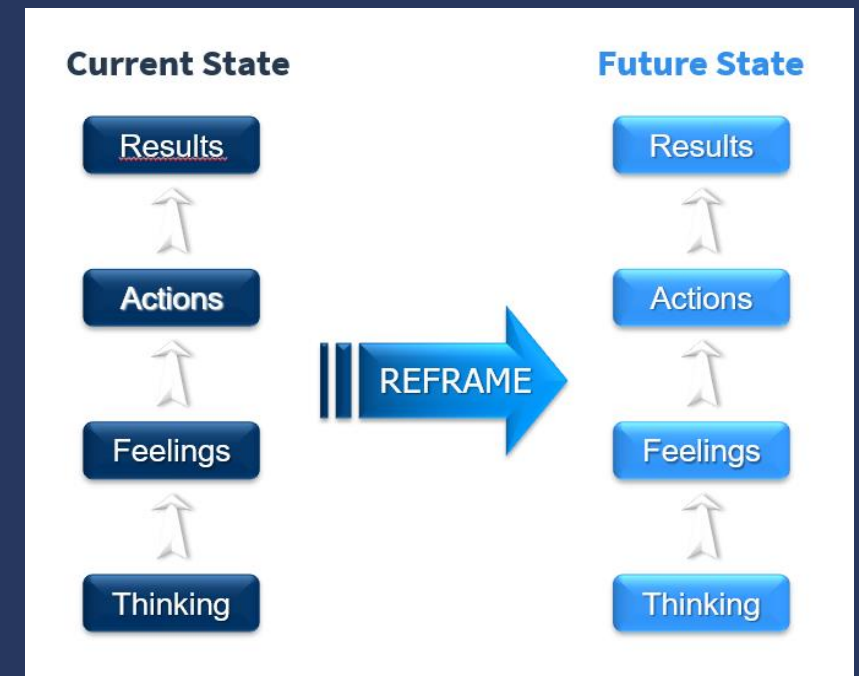
With coherence achieved, it is important to engage Steps 3 and 4. These two steps offer us an opportunity to explore and shift the original thinking that may have driven our state of mind below the line in the first place. These steps are based on the *Thinking Path* model which stipulates that people's conscious and unconscious thought processes (Thinking) generate emotional/ physical states (Feelings) which in turn drive behaviors (Actions) that ultimately produce outcomes (Results).

The idea behind the model is that we can intentionally shift our Thinking from its current state to a desired state, thereby shifting our Feelings. This shift in Thinking and Feelings will produce a shift in our state of mind allowing us to choose different Actions and produce different Results.

This shift in Thinking can be achieved through a well-know cognitive-behavioral change technique called *Reframing*. Reframing allows us to shift the thoughts we are holding, or the manner in which we are thinking.

There are many protocols that can be used to engage in Reframing. The one we offer is based on the use of insightful questions. We believe that in a state of coherence, insightful questions lead to insightful answers—answers that can drive fresh Thinking that which will generate different Feelings, Actions And Results.

THE THINKING PATH



Berns (2010), Caillet (2013), Cramer (2006), Doidge (2007), Ledoux (2003)

Insightful Questions to Reframe Thinking

- What is possible here?
 - What is the opportunity in this situation?
 - What really matters right now?
 - What is important right now?
 - What is a more productive / constructive / positive approach?
 - What is the ultimate outcome I need to keep in mind?
- What does my heart say?
 - What does my gut say?
 - Who do I need to be right now?
 - What do I need to learn right now?
 - What do I need to do right now?
 - What thoughts would serve me well right now?
 - What do I know about myself?

Steps 3 and 4: Instructions

3



Instructions:

Once you have reached coherence:

1. Shift into inquiry mode and engage your curiosity.
2. Use insightful questions to reframe your thinking and listen for thoughts that create a shift in your feelings.
3. Focus on these thoughts and repeat them to yourself.
4. Notice the shift in your feelings as you repeat these thoughts.

4



Instructions:

Once you have reflected on possible actions:

1. Select an action and/or behavior aligned with these thoughts.
2. Take the action and/or exhibit the behavior.
3. Notice the impact this action and/or behavior produce(s) on your results.
4. Remember the thoughts you are holding.
5. Lock in the feeling you are experiencing.

The 4-Step Method

1



1. Begin to breathe in a slow and deep manner until you achieve consistency.
2. Focus your attention on the area around your heart and breathe in and out through your heart, ensuring the total time for each breathing cycle = 10 seconds.
3. Repeat the cycle until you feel a shift in your physiology.

2



1. Activate a positive feeling of gratitude or appreciation.
2. Actually feel it—experience the feeling.
3. Keep the feeling of gratitude or appreciation for as long as you can.
4. Maintain resonant breathing as you experience this feeling.

3



1. Shift into inquiry mode and engage your curiosity.
2. Use insightful questions to reframe your thinking and listen for thoughts that create a shift in your feelings.
3. Focus on these thoughts and repeat them to yourself.
4. Notice the shift in your feelings as you repeat these thoughts.

4



1. Select an action and/or behavior aligned with these thoughts.
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4. Remember the thoughts you are holding.
5. Lock in the feeling you are experiencing.

Childre & Rozman (2005), Berns (2010), Caillet (2013), Cramer (2006), Doidge (2007), Ledoux (2003), Isen (1999)

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