

# Building Resilience: One Step at a Time

## The One Minute Pause

Here is a trick many use daily to stay focused, positive, and on task in my heart – mind, will, emotions. Call it a “One Minute Pause” (hat tip to author John Eldredge for this moniker). It is based upon the words of William James, who stated, *“The greatest weapon against stress is the ability to choose one thought over another.”*

When you notice your mind, will, or emotions are off-course and turning negative, stop to identify the cause. You may find that it is often in your thinking. And/or you may have allowed distractions, fear, fatigue, anger or stress responding to turn you to the negative.

Once identified, choose to lay these negative thoughts aside. Begin to focus on thinking positively about yourself and your situation, and then by choosing better thoughts and attitudes. Begin to speak these to myself. It might go something like this:

“I am feeling angry at \_\_\_\_\_ and am losing hope that it will get any better. I am tired and weary. I lay all of that down right now. I am done with them. I choose to forgive \_\_\_\_\_. I reclaim hope for this situation. My life is much greater than these difficulties. I am grateful for what fills my life. This situation will pass, and I will get through it in good health.”

Dwell on the positive thoughts for about a minute, and then return to the tasks at hand. Doing this can help one stay positively focused and working toward the objective. It shuts off the negativity that could damage and spoil the team relationship. You can do this in a meeting, working with others, driving, walking, or anywhere it is needed.

Here are some tips for using the One Minute Pause to stay strong in the storms.

Tip 1 - When you feel stressed, discouraged, angry, hurt, lost, or hopeless, take a minute to pause. Some people report doing this a dozen times in a day, maybe more. Remember to speak the positives to yourself, out loud if you are alone.

Tip 2 - Do the One Minute Pause with others. You can make time each day to “go positive” with others. In helping them identify the positive factors in their lives, the gratitude points, and the gifts each day, you will strengthen both of you.

Tip 3 – Set times to do the one-minute pause every day. Making your morning coffee. Starting and warming the car. Walking into work. Bathroom breaks (does anyone get these?). Starting the car for the trip home. After you pull into the garage and before you get out. Lying in bed before sleeping.

Give it a two-week trial run to build the habit. Check out the video presentation at [WellnessMN.org](http://WellnessMN.org).