

## Strategies to be More Adaptive

1. Adaptation improves resilience because we are preserving our bandwidth, reducing strain on our system. This is why we stretch out a balloon before we fill it up with air.
2. Being adaptive does **not** mean bending over backwards. Our motivation is to produce less stress, not to become superstar employees.
3. Explore resistance as forces for change vs forces for sameness (i.e. am I reticent because of my want for familiarity). Resistance is not opposition (this can be helpful in working with students).
4. Awareness of Needs (i.e. if our need for power and control is not being met, we may become more rigid and less flexible).
5. Protective Mechanism (i.e. less use of primitive protective mechanisms such as denial will help us to see options more clearly).
6. Curiosity is the key to health adaptation. When we consider possible opportunities, even through imposed changes, we motivate ourselves to
7. View conflict as an exploration of differences, NOT a power struggle.
8. Breathe through initial reaction (tension increases reactance)
9. Explore underlying issues influencing displeasure with an accountability partner.
10. Identify systemic processes in need of consideration.