



Stress Management and Resiliency Training (SMART)

The Resilient Option

Building resilience can help you enhance your focus, improve your relationships, and increase your productivity. The SMART program, designed by Dr. Amit Sood, breaks resilience into four key areas: (i) Gratitude, (ii) Mindful Presence, (iii) Kindness, and (iv) Resilient Mindset — presenting insights and corresponding exercises to help you build your resilience. While taking only about five minutes a day, these practices, now tested in over 30 clinical trials, use the concept of neuroplasticity to help you “rewire your brain” to better handle life’s stressors and enjoy each day more. These practices provide opportunities to sprinkle “**RUM moments**” (Rest, Uplifting emotions & Motivation) throughout your day to address the main struggles of the brain which deplete energy and resilience — focus, fatigue, and fear.

TOPICS	INSIGHTS	PRACTICES
GRATITUDE	<p>Our brains struggle with focus, fatigue, and fear, that causes stress and burnout, and depletes our resilience.</p> <p>Stronger attention that naturally focuses on positivity and gratitude builds resilience.</p>	MORNING GRATITUDE <p>Before you get out of bed and cede control of the day to email, to-do lists and the demands of others, think of 5 people you appreciate and send them a silent gratitude.</p>
MINDFUL PRESENCE	<p>The brain notices what it finds of value (i.e. things that are interesting or threatening).</p> <p>Over time, what was once interesting and attractive loses novelty, and you notice it less. This weakens attention.</p> <p>Practicing mindful presence enables you to regain novelty and focus on what is truly important and meaningful. This will strengthen your attention.</p>	2-MINUTE RULE <p>Give at least 2 minutes of undivided attention to someone in your life who deserves that attention but isn’t getting it. Do not try to improve or change the other person in that time.</p> CURIOUS MOMENTS <p>Observe what’s around you with a more engaged presence and a deeper sense of curiosity.</p>
KINDNESS	<p>Just like a muscle, areas of the brain that you use more become stronger / better connected.</p> <p>By cultivating kind thoughts, you can change your brain’s innate wiring to move past the tendency toward negativity and fear.</p> <p>In addition, when you are kind toward others, you become kinder toward self. Self-kindness, in turn, can nurture every aspect of your life.</p>	KIND ATTENTION <p>Assume most people you meet or see (even those who are difficult) are special and have struggles. Treat them with kind attention by sending them a silent good wish.</p> KINDNESS TO SELF <p>Self-kindness can take many forms, including regulating your intake of “toxic news,” periods of prolonged sitting, and mindless multi-tasking.</p>
RESILIENT MINDSET	<p>The same event can be thought of in many different ways, depending on your mindset.</p> <p>A mindset guided by your core values is important to resilience and happier life.</p>	RESILIENT THINKING <p>Integrate these five timeless values into your mindset: (i) Gratitude, (ii) Compassion, (iii) Acceptance, (iv) Meaning, and (v) Forgiveness. Consider assigning each of them one day per week, or one week per month, during which you will focus on that value.</p>

Resources: Web: resilientoption.com; Twitter: @amitsoodmd; Books: [SMART with Dr. Sood](#), [The Resilience Journal](#)