Flexibility: as a skill, helps you maximize the capacity to adjust to short-term change quickly, so you can direct your energy toward new and emerging situations effectively.

Steps for Mindful Flexibility

1. Tap into your core VALUES
2. Focus on being OPEN-minded
3. Set skill-building PRIORITIES
4. Practice OPTIMISM
5. Activate your CALMING habits
6. PLAN for imperfection
7. CONNECT to your support network

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Adapted from: mindtools.com and unmc.edu