

Practices Related to Resiliency

STRATEGIES TO IMPROVE RESILIENCY

Resiliency is the ability to recover and adjust when things go wrong in our lives. It is important to work on building resiliency in ourselves and those around us to achieve mental strength and adaptability to change. Bounce back and beyond. Realistic plans and the steps to carry them out. This includes an uncanny ability to make do with what is at hand.

SELF CARE TIPS	EASY THINGS TO DO
Be active, stay active and eat well	Laugh Lots – Find 3 things to laugh at each day.
Limit screen time, especially the 60 minutes before sleep. Try reading a book!	Accept reality for what it is. Face it.
Try using a sleep app, to help with getting the right amount of sleep for you.	Find ways to think about meaning and purpose in your life.
Feeling anxious? Breathe – hold for 4 seconds and let out for 6 seconds.	Be open to adapting to change. Improvise, think MacGyver!
Find yourself thinking negatively? Notice when it's happening, and avoid thinking traps.	Find ways to develop social confidence, try networking.
Have a role model? If not, think about who you might aspire to be like and focus on what inspires you about him/her.	Know thyself - work to understand what matters most to you.
Be crazy and disrupt your routine! Take a different route to work or try a different time to take your coffee break.	Stay feeling calm by testing the accuracy of beliefs about problems and how to find workable solutions.
Use imagery to find peace – think of a beautiful place you'd like to go and visualize yourself there. Visit your happy place! 😊	Find ways to share your voice, be mindful and grateful.
Feeling overwhelmed? Simplify. Return to purpose.	Feeling frustrated? Kickstart your goals. Pick one goal, and act on it.
Take a mini break at least every 90 minutes.	Manage your energy more-so than your time.