6 Key Aspects of Resilience

Take Care of Yourself

➢ Physical Health
  □ Walk/Jog/Run
  □ Yoga
  □ Dance (Zumba)
  □ Cross fit, kick boxing, martial arts, etc
  □ Get adequate sleep
  □ Eat a healthy diet with plenty of fruit, vegetables, and lean protein
  □ Drink plenty of water
  □ Limit caffeine
  □ Consider taking vitamin supplements
  □ Get routine medical exams
  □ Maintain proper hygiene
  □ Limit alcohol intake

➢ Mental Health
  □ Prioritize people and things that are important to you
  □ Limit unnecessary distractions
  □ Schedule down time for yourself everyday
  □ Take vacation days or personal days from work
  □ Breathing exercises
  □ Get a pet

➢ Spiritual Health
  □ Prayer
  □ Journal
  □ Quiet reflection and contemplation
  □ Meditation
  □ Volunteer
  □ Join religious community

➢ Social Health
  □ Maintain relationships with friends and family from home
  □ Foster new relationships
  □ Commit to regular social interaction
  □ Plan a dinner party/sports party
  □ Join a club/team
  □ Organize an interest group
  □ Pursue hobbies

Be ready for, and accept, change

□ Anticipate change
□ View change as an opportunity for growth
□ Give yourself adequate time to process change (every time)
□ Embrace the opportunity to break new ground
□ Make a conscious effort to stay flexible
Take control and find a sense of purpose

- Set priorities, big and small
- Write personal goals
- Actively work to turn your dreams into actions
- Look for activities outside of work that bring you a sense of personal satisfaction/fulfillment
- Diversify your activities
- Express yourself through various mediums: art, music, dance, sports, etc.
- Stop and think about your choices and ask fundamental questions—about career and family priorities, how you spend your time, how your life could feel better, richer, or more meaningful
- Identify your focus for the next week or month
- Write “To do” lists

Give and receive help

- Volunteer to help others
- Talk about what you’re going through with a trusted friend or mentor
- Learn from and about others
- Practice asking others for help
- Be a good listener

Maintain a positive outlook

- Focus on the part of your life that is going well
- Limit negative and self-defeating thoughts
- Evaluate your reasons for living this lifestyle and find a way to resolve any feelings of doubt, resentment, and/or guilt
- Record three positives everyday
- Compliment someone else everyday

Actively solve problems through increased communication

- Focus on things that are important and that you have control over
- Identify and address the source of the problem
- Develop a logical way to work through problems
- Don’t deny your problems, ignore them, or let them linger and weigh on your mind
- Look back to how you successfully handled other setbacks and challenges
- Learn appropriate ways to express your anger
- Work together with your family to identify potential solutions to new challenges
- Empower each member of your family to provide and seek information