



5 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
- 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

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



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
- Identify and address the source of a problem
- Develop a logical way to work through problems
- Look back to how you successfully handled other setbacks and challenges
- Work together with your family to identify potential solutions to new challenges
- Empower each member of your family to provide and seek information

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
- Focus on things that you have control over
- Don’t deny your problems, ignore them, or let them linger and weigh on your mind

Maintain a positive outlook

- Focus on the part of your life that is going well
- Limit negative and self-defeating thoughts
- Visualize yourself being successful and happy
- 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
- Learn appropriate ways to express your anger