Building Resilience

Learn skills you can practice to train your mind and build mental resilience to stress. Resilience is the ability to "bounce back."

The way you **think** about stress affecting your health can make a difference no matter how much stress you have in your life. You can view stress as something hurting your body (and it can) or as something that can give you strength and energy to overcome difficulties. Your mind and body are linked. If you train the mind, the body will follow.

Restore and Recover

Start with relaxing. Unplug from your phone or computer, get outside, or call a friend and do something you enjoy.

Get Support, Give Support

Map out your social network. Who is the first person you call when you feel like talking? Make a list of your social network below and keep it handy when you need to call on someone for support.

My Social Network
I can count on:

On the flip side, helping someone else can give meaning and purpose to your life. It can enhance your ability to manage stress and build resilience by giving social support.

	Create a care package.		Tutor a child.
	Donate something you don't use.		Support a charity of your choice.
	Volunteer at an animal shelter (spending time with animals lowers stress levels!).		Take the time to teach someone a skill you know.

Write It Down

Writing a list of positive events in a gratitude journal has been shown to create a sense of calm. Start with writing down 5 things you feel grateful for (big or small) below.

## My Mini Gratitude Journal

I am grateful for these 5 things:

1.

2.

3.

4.

5.

Make It Personal

Use a sticky note to write a small commitment toward a goal. This will be your "personal action plan." Use proactive words like "I choose to." Make it specific, realistic, and something you can do this week. Put it where you will see it every day.

Under your personal action plan, write the names of two people who can help you reach your goal.

Example:

I choose to walk for 15 minutes each day this week.

Name 1   Name 2
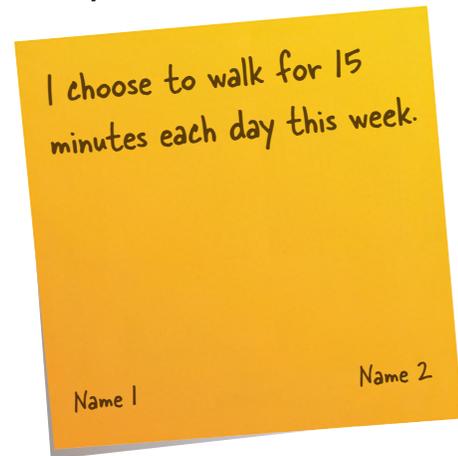
▶ **On a scale of 0 to 10, how important is it for you to change right now?**

0 1 2 3 4 5 6 7 8 9 10

Not at all important   Extremely important

▶ **On a scale of 0 to 10, how confident are you that you could make this change?**

0 1 2 3 4 5 6 7 8 9 10

Not at all confident   Extremely confident