BUILDING RESILIENCE

TIPS FOR SUCCESS

RECOGNIZE STRESS

- Pay attention to your current state of being.
- Notice physical sensations, and pay attention to how stress feels in your body.
- Notice your thoughts and how they impact your mood and behavior.
- Notice your emotions and how they ebb and flow.

CARE FOR YOUR BODY

- Our bodies store and manifest stress and emotions, so caring for them is essential to building resilience.
- Focusing on small changes to care for your physical health can have significant impact.
- Consider simple habits like increasing hydration, adding an extra piece of fruit to your plate, or going to bed 20 minutes earlier.

STRENGTHEN CALMING RESPONSE

- Notice how different activities leave you feeling, and prioritize calming ones.
- Try out or revisit relaxing activities such as mindfulness, meditation, or prayer.
- Add simple deep breathing techniques throughout your day.

ENGAGE YOUR SENSES

- Using your senses to anchor attention to the present moment can be a grounding and calming experience.
- Pause throughout the day to notice what is happening around you.
- Release any thoughts as they come and invite your attention to rest only in the present.

Content inspired by PositivePsychology.com
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TIPS FOR SUCCESS

RECOGNIZE STRESS
Where in your body do you feel stress?

What does it feel like?

Are there less healthy habits that emerge when stressed?

STRENGTHEN CALMING RESPONSE
List activities that utilize technology to help you relax:

List activities that do not utilize technology to help you relax:

CARE FOR YOUR BODY
What are examples of tiny habits you can make to improve your physical well-being?

What is one small change you can make today?

ENGAGE YOUR SENSES
What are pleasant ways you can engage your senses to bring your attention into the present?