WELLNESS

CHALLENGE

Stand strong, stay resilient

Learn ways to cope during life's challenges

Whether you're going through a tough time now or you want to be prepared for the next one, there are healthy ways to help you stay strong so you can get through it. This is called resilience. And the more you have it, the easier you can bounce back from difficulties in life.

What staying resilient might look like

- Forgiving yourself and others
- Moving forward thoughtfully, one step at a time
- Treating problems as a learning process
- Nurturing a positive view of yourself

Start your challenge today

Build resilience skills over 30 days.

How to begin:

- ✓ Look at the list of activities that can help you build resilience.
- ✓ Choose at least one activity to do each day for 30 days.
- ✓ Use your resilience journal to log all your activities.

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You've got this

Resilience building activities

Practice these coping skills to help you face whatever life throws your way.

1. **Look for the good.** Write down only the positive things that happened today.
2. **Praise yourself.** Write a positive affirmation. Repeat it several times throughout the day.
3. **Do something creative.** Draw a picture or color something.
4. **Connect with nature.** Take a photo of something you notice in nature.
5. **Be kind to others.** Give a compliment freely, with no conditions attached.
6. **Stand straight.** Watch your posture, stand tall and hold your head up.
7. **Take a moment to breathe.** Pause and pay attention to your breath.
8. **Conquer fears.** Do something you've always been too afraid to do.
9. **Volunteer.** Give your time to a service project or to help someone in need.
10. **Perform a random act of kindness.** Do something kind for someone anonymously.
11. **Go outside your comfort zone.** Try a new activity, sport or craft with no expectations but to learn and have fun.
12. **Speak affirmatively.** Spend the day saying "I will" or "I can" in place of "I should."
13. **Be curious.** Without judgment, observe, ask open-ended questions and learn.
14. **Pause and reflect.** Take five minutes to meditate. Simply sit quietly and be in the present.

My 30-Day **RESILIENCE JOURNAL**

What actions do you take to build your resilience every day?	
Day	**What I did today**
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	You're halfway there!
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