



TAKE CARE OF YOU!



CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021



**Stress is both physical and emotional. To grow resilience,
it is essential to prepare body and mind.**

IDENTIFY & RESPOND TO YOUR NEEDS

- Rate yourself on a scale from 1 (Needs Attention) to 5 (It's Going Well) in these areas:
 - Physical, Psychological, Emotional, Spiritual, Professional, Life Balance
- Identify 1 activity you can do today to begin investing in self-care where you need it most.

STRENGTHEN YOUR MINDSET

- Devote 5 minutes to reflection.
- Practice mindfulness meditation.
- Take 1 minute to pause and attend to the present moment. Use your 5 senses to take in your surroundings.
- Practice gratitude. Every day, list 3 things for which you are grateful.
- Create a list of 3 positive self-affirmations. Read them to yourself each day.
- Spend 5-10 minutes journaling.
- Take a mindful walk to absorb nature.
- Plan an activity just for fun, or to restore your energy.

BUILD SELF-NURTURANCE SKILLS

- Prepare your body and mind to adapt to stress by engaging in 1 of these activities:
 - Eat balanced & stay hydrated.
 - Add a positive sleep habit to your routine.
 - Recharge with a physical activity.
 - Take a break to refocus.
 - Create a "work" to "home" transition process.



FIND BALANCE

- Practice saying "no" to extra responsibilities.
- Plan time to relax and do an activity you enjoy.
- Take a lunch break and actually eat lunch.
- Avoid harmful behaviors as a way of escaping.

Adapted from American Psychological Association (APA). 2012 Building your resilience.