

RESILIENCE

GOAL SETTING

PURPOSELY SET GOALS AND GROW THROUGH THE PROCESS OF TRYING TO ACHIEVE THAT GOAL.

EAT RIGHT

GOOD NUTRITION IS THE FOUNDATION FOR STRENGTHENING MENTAL, SOCIAL, AND SPIRITUAL FITNESS.

EXERCISE

EXERCISE HAS A POSITIVE IMPACT ON SELF ESTEEM, HEALTH, AND INCREASED RESILIENCY.

SLEEP

WITHOUT SLEEP OUR PERFORMANCE AND JUDGMENT ARE DRAMATICALLY IMPAIRED.

RELAX

CONTROL YOUR BREATHING TO REDUCE YOUR REACTION TO STRESS AND BREAK THE CYCLE OF AROUSAL.



WINS AND LOSSES

RESILIENT PEOPLE FOCUS MORE ON THE PROCESS THEN THE OUTCOME. OUR BEST LIFE LESSONS OFTEN TIMES COME FROM DISAPPOINTMENTS. DON'T BE A VICTIM. BE A SURVIVOR!

ABC'S

WE CANNOT CHANGE THE ACTUATING EVENT OR THE CONSEQUENCES OF THAT EVENT. WE CAN HOWEVER, CHANGE OUR BELIEFS, MODIFYING UNDESIRABLE THOUGHTS. LOWERS STRESS

SELF-DEFEATING THOUGHTS

THOUGHTS AND BELIEFS DRIVE OUR BEHAVIOR. SELF DEFEATING THOUGHTS HAVE A NEGATIVE IMPACT ON OUR LIVES, BEHAVIORS, AND RELATIONSHIPS. AVOID "COULD'VE, WOULD'VE, SHOULD'VE" THINKING.

SOCIAL SUPPORT

WHETHER WE RELY ON OTHERS, OR OTHERS RELY ON US, SOCIAL SUPPORT IS THE MOST IMPORTANT SKILL IN PROMOTING RESILIENCY

REACHING OUT

RESILIENT PEOPLE DO NOT GO AT IT ALONE. REACHING OUT CREATES TWO WAY SOCIAL SUPPORT WHICH CAN HAVE A POSITIVE EFFECT FOR BOTH SIDES.

PERSPECTIVE

CHANGE YOUR PERCEPTION OF AN EVENT OR A PERSON. PROPOSE AN ALTERNATIVE OUTCOME.

EMPATHY

THE ABILITY TO SEE THINGS FROM ANOTHER'S POINT OF VIEW IS ESSENTIAL FOR CRITICAL THINKING. EMPATHY IS NOT AN EMOTION, BUT INSTEAD IS AN UNDERSTANDING.