




RESILIENCE REQUIRES:

Practices


Self-care activities, providing a baseline of wellness

EXERCISE




Cardio & strength-training improve sleep, mood, energy, & mental clarity.

SLEEP



Consistent 7-8 hours of sleep processes drama & trauma of the day. Sleep routines train the body for sleep

NUTRITION




Food is medicine & energy or a toxin.
Choose whole foods
Meal prep
Keep healthy food visible & less healthy food inaccessible

AND

Tools


Strategies needed in the moment to work through more difficult times.

BREATHWORK




It calms the body, improving decision-making.
Box Breathing
4-7-8
Physiological Sigh

SELF-TALK



Research shows that self-talk that affirms strengths &/or gives instructions improves performance & reduces stress. Ex.-"I trained for this" or "I do hard things"

TACTICAL PERFORMANCE IMAGERY



Elite performers, athletes, & first responders visualize themselves performing their skills successfully, including overcoming obstacles.

