



Health & Happiness  
PROJECT

# RESILIENCY TOOLKIT

# WELCOME TO YOUR RESILIENCY TOOLKIT

The Health & Happiness Project is a collaborative effort between Allina Health, Rice County Chemical and Mental Health Coalition, Rice County Public Health, and United Way of Steele County. We believe that tools for resiliency should be readily available for our community members, and this document is meant to help with that effort. These pages cover 5 different pillars of resiliency: Gratitude, Purpose, Mindfulness, Self-Care, and Building Social Connections. Browse through, find what you need, and use our resources. Our goal is to help you cope with stress, promote a positive outlook, build resiliency, and ultimately shift you toward a healthier mindset.



# grat·i·tude

*/'gradə,t(y)ood/*

The ability to appreciate the people, things, and circumstances around you — and finding the little things to be thankful for every day.



grat.i.tude

# THE POTENTIAL BENEFITS OF PRACTICING GRATITUDE INCLUDE:

- Improves relationships
- Increases happiness
- Increases motivation
- Improves self-esteem
- Promotes better sleep
- Improves physical health

*Here's where you can start:*

## Three Good Things Journaling

Research has shown that writing down at least three good things in your life each day has a positive impact on mental health. Spend a few minutes exploring three good things that happened in your life today. Reflect on how this activity makes you feel afterwards.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Visit our website for more

[Gratitude Resources](#)



# pur·pose

*/'pɜrpəs/*

*A reason for which something is done — an intention or specific objective.*



# THE POTENTIAL BENEFITS OF DISCOVERING PURPOSE INCLUDE:

- Provides focus for your daily life
- Allows you to live with a sense of fulfillment
- Gives you motivation to accomplish more
- Encourages trust in yourself and others
- Improves your health resiliency — you can live longer and deal with pain better
- Gives your life clarity

*Here's where you can start:*

## What I Know, What I Want, What I Don't Want Journaling

Trying to think of everything you want to accomplish in life all at once can be overwhelming. Instead, think of three different categories: What You Know (what are you certain about when it comes to who you are? What's your personality, your favorite song, your favorite food?); What You Want (what are some goals you'd like to achieve? A dream job? A specific hobby?); and What You'd Regret (what are certain activities that you could do without? If you aren't interested in starting a new sport, write that down. If you don't like a certain color or pattern, write that down. Anything that falls into the category of "not for me".) Afterward, look over what you've written. You may know more about your purpose than you originally thought!

**What I Know:**

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**What I Want:**

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**What I Don't Want:**

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# mind•ful•ness

*/'mīn(d)f(ə)lnəs/*

*The practice of being present throughout all activities.*





## Meditation

Meditation is a habitual process of training your mind to focus and redirect your thoughts. You can use it to increase awareness of yourself and your surroundings. Many people think of it as a way to reduce stress and develop concentration. People also use the practice to develop other beneficial habits and feelings, such as a positive mood and outlook, self-discipline, healthy sleep patterns, and even increased pain tolerance.

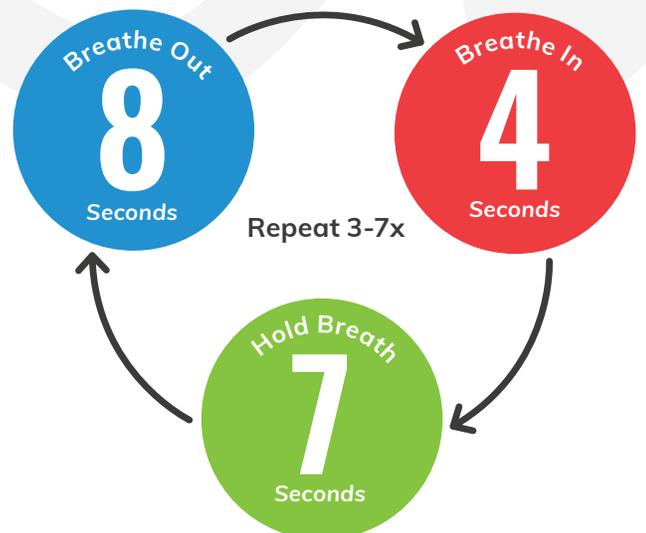
Podcasts focused on guided meditation and mindfulness are available to listeners through all kinds of free apps, including Headspace, Calm, The Mindfulness App, and many more. Try a couple of these apps out, and see if any of them pair well with your lifestyle.

## Breathing

### 4-7-8 Breathing Exercise

This exercise also uses belly breathing to help you relax. You can do this exercise either sitting or lying down.

1. To start, put one hand on your belly and the other on your chest.
2. Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
3. Hold your breath, and silently count from 1 to 7.
4. Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.
5. Repeat 3 to 7 times or until you feel calm.
6. Notice how you feel at the end of the exercise.



# self•care

/self-kair/

*Taking time for yourself to engage in activities that rejuvenate you.*

*There is no right or wrong way to take care of you.*



self•care

## THE POTENTIAL BENEFITS OF PRACTICING SELF-CARE INCLUDE:

- Strengthens your immune system
- Improves sleep
- Better your relationship with yourself and others
- Improves productivity
- Fights feelings of overall fatigue
- Encourages self-awareness and improves self-esteem

### Examples of Self-Care

- Take a nap
- Take a walk
- Play with your pet
- Read a book
- Do nothing
- Take a bath
- Go on a run
- Visit a friend
- Paint your nails
- Eat your favorite food

### Self-Care: What Fills Your Cup?



self•care

# MAKE A SELF-CARE PLAN

You know yourself better than anyone else. That's why, when it comes to self-care, it's important to take a moment and recognize the signs of needing self-care, how you can get support, what works for you, and what doesn't. Give it a go -- try filling out the Self-Care Plan Chart we've provided within the app, and spend some time reflecting on how it makes you feel.

What are my personal signs that I'm getting stressed?	How can I manage this stress effectively?	What negatively affects me when I'm stressed?	Who can I reach out to if I need extra support?



# social • connections

*/'sōSHəl • kə'nekSH(ə)ns/*

*Building social relationships and networks.*



building social connections

# THE POTENTIAL BENEFITS OF BUILDING SOCIAL CONNECTIONS INCLUDE:

- Increases happiness
- Improves overall health
- Increases self-esteem and self-image
- Improves memory and the motivation to learn
- Lowers risk of premature death
- Aids in coping with trauma and stress

*Here's where you can start:*

## **Make a List**

You've probably heard the saying "Put yourself out there" before. We all know it's easier said than done, but a great place to start putting that mindset into action is with your own surrounding community. Compile a list of potential opportunities to get involved and meet new people. From volunteering to happy hours, there is something for everyone. Try it out (and feel free to use Google -- there may be a ton of stuff happening locally that you don't know about yet)!

## ***Socializing In My Community***

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