

9+ WAYS TO BOOST YOUR RESILIENCE

Resilience is the ability to buffer the impact of adversity and stress. No one is born resilient; rather, we all develop resilient traits over time through positive experiences. Anyone can learn to be resilient, and it's never too late to build resilient skills. Read through the following ideas and see what sounds supportive to try!

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MINDFULNESS AND BREATHING

Simple, focused breathing interrupts the stress response and initiates the relaxation response.

- **3-3-3 Breathing Technique.** Breathe in for 3 seconds, hold for 3 seconds, breathe out for 3 seconds. Repeat several times.
- **Blossom Arms.** Start with your hands over your heart space. Inhale and open your arms out to the side, like a flower opening. Exhale and bend your arms, bringing your hands back over your heart space, like a flower closing back to a bud. Repeat several times.
- **Balloon Breathing.** Put your hands on your belly and imagine that your belly is a balloon. Take a deep breath in and imagine the balloon filling with air. Take a long slow breath out and imagine the balloon deflating and getting smaller. Repeat several times.

RHYTHMIC, REPETITIVE MOTION

Rhythmic motion has a calming influence on our stressed-out systems.

- **Sit in a Rocking Chair.** Take a few minutes and rock yourself calm.
- **Knock on Heaven's Door.** This silly yoga move is effective at relieving stress and resetting our systems. An example of this yoga move is at minute 2:30 of this video: bit.ly/43xZWgk



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DAILY HUMOR

Laughter has been found to boost resilience.

- Spend time with people who make you laugh.
- Fake a smile. It will release endorphins and lead to a genuine smile.
- Watch funny animal videos on social media.

SWITCHING AND TAPPING

These two techniques help reset the nervous system.

- The **Switching Technique** helps to normalize the stress threshold and reduce our total stress levels. Video Example: bit.ly/4a9p2Vc
- The **Emotional Freedom Technique (EFT)** is an alternative treatment for physical pain and emotional distress. It's also referred to as Tapping or psychological acupuncture. Video Example: bit.ly/3PBOSsP



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PRACTICE GRATITUDE

- **Three Good Things.** Consider ending your day by reflecting on and writing down 3 good things that happened today. Be intentional about reflecting on the experiences, noting how you felt, and what was the best thing about the experience.
- **Gratitude Group.** Start a gratitude group text with friends. Or make a list of people you are thankful for and write letters of gratitude to those who are important to you, telling them why they matter to you.

PERFORM ACTS OF KINDNESS

Boost your happiness and resilience by doing something kind or good for someone else.

- Order **You Matter** Cards to give out to others.
<https://youmattermarathon.org/>
- **Volunteer.** The possibilities are endless.
- Incorporate **Random Acts of Kindness.** Make it fun! Sign up for #31DaysKindness at <https://smallchangesbigshifts.com/kindness>

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SHAKE IT OUT

Shaking your body is one of the easiest ways to get rid of tension and stress. Shaking activates the parasympathetic nervous system and signals the brain to calm, relax, and let go.

- **Stand up and shake.** Pretend you're an inflatable stick figure, like the ones you see outside stores, filling with air and moving every which way. Mimic those movements. You'll feel silly, but the goal is to shake the stress out.
- Have a living room or **kitchen dance party** (for 1 or more people!). Pick a favorite, fun, upbeat song and dance the stress away.

SUPPORT YOURSELF

- **Get Connected.** Staying connected to supportive friends and family not only enables you to keep anxiety at bay but also shores up the sense that you're not alone. Find your people. Reach out to your positive connections.
- **Practice Self Compassion.** Speak to yourself with warmth and kindness.
- **Practice Healthy Habits.** Walking, eating something nutritious, getting good sleep, drinking your water – make sure to practice things that support you in a healthy way.
- **Visualize Positive Outcomes.** Visualize the most optimistic and amazing outcome to a situation that is causing you stress. This helps you build the muscle of expecting the positive outcome and might even open up ideas for what more you might do to create that outcome of your dreams.

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SPEND TIME IN NATURE

Studies have repeatedly shown that spending time in nature is good for your mental health. Breathe, relax and become aware of the sounds, smells and sights. This not only boosts your resilience but it also restores your energy.

- Take a walk in the woods or in your favorite park.
- Sit in the sun, soaking up natural vitamin D.
- Practice earthing, where you stand or walk barefoot in the grass.
- Open your windows for fresh air.

