

Building Your Resilience

Do regular emotional and behavioral temperature checks. Ask yourself:

- How is my mood?
- Am I keeping a healthy routine?
- In what ways are my needs being met?
- In what ways are my needs NOT being met?
- Which 2 or 3 of my needs are most important to me?



Assess



Accept

Acknowledge that this is hard!

It's normal, expected, and even helpful to have negative emotions in difficult times. It can be helpful to sit with those difficult emotions instead of trying to push them away.

Change or let go.

Identify the things about your circumstances that you can change and make a plan to change them. Then let the rest go and focus on something else.



Keep your normal routine

- Consider what's important for you to do that you feel like avoiding (daily basic needs, role obligations, activities and self-care).
- Consider what you would be doing if you felt better.
- Keep these things in your schedule as much as possible!
- Consider ways to stick with it when you feel like avoiding.



Add positive activities

- Think about activities you would enjoy if you felt better. Set a goal to do one of these activities in the next week.
- Find something you can do in the next week to maintain or strengthen your connections with others.

Engage with your reactions

Breathe

- Breathe in through your nose for 5 beats, expanding your belly.
- Hold for 5 beats.
- Exhale slowly through your mouth for 7 beats.
- Repeat.

Rethink

- Notice your thoughts without judgment.
- Ask yourself whether the thought is helpful.
- Evaluate your unhelpful thoughts instead of treating them as facts (What would be more helpful thoughts? What would I say to a friend?).

Write

- Write about whatever is distressing you for 30 minutes.
- Give yourself space to feel your emotions.
- Consider the things you did to help yourself or others.
- Repeat, building in new, more helpful thoughts.