

## Episode 15 Resiliency Handout

Here are some tools that you can try to help you become more resilient.

**MEDITATION:** Some of the ways that have helped me get through challenging times is meditation. When I meditate, I get present. I allow myself to go inward which slows my thought process down. It gives me insight of where I am at the moment. When I take deep breathes, I can feel my body getting calmer. I love the way meditation makes me feel. This is a good way to create the skill of resiliency.

Doing yoga is a great way to bring you inward, remain calm, and in the present moment.

**NATURE:** I also like to take walks in nature, which is like meditation for me. It feels good to move my body, to breathe in fresh air and look at the beauty surrounding me. It's another way for me to be present. Movement can release stress.

Research suggests that 20 minutes being outside leads to more expansive and open thinking. It's a pro-resilient mindset. It can help with anxiety and depression, improve your immunity and lowers levels of inflammatory chemicals in your body.

**COMMUNICATION:** I think that when we are going through challenging times It's really important to talk with someone. If you can't talk to someone, you can be stuck in your thought process. Just talking about what is going on with you gives the problem less power. It feels good to talk about things to a trusted person. It feels good to know that you are being heard.

I have conversations with my family and friends which has helped me get through challenging times. I like having that human connection.

Another way you can become resilient through difficult times is to be of service to others. Studies show that serotonin, the neurotransmitter associated with feelings of happiness and well-being, is used more efficiently by people who engage in an act of kindness. When you serve others, it creates an uplifting affect. You feel good.

Acts of kindness have a cumulative effect. Volunteering can be a real good solution to get you out of your negativity and be more positive. Again that Human connection is so important.

Volunteering always makes me feel good. I love serving others. I can be in funk, and when I do something for someone else, I feel so much better. It takes me out of me!

One of the most important tools that you can have when going through challenging times is taking care of yourself.

Having regular healthy habits is the foundation for both mental and emotional resilience. Get enough rest. Eat healthy foods. Stay hydrated. Take regular mental breaks.

## **BREATHING EXERCISE**

I would love to share a breathing exercise with you that I think you would benefit from when you are going through a challenging time and need to step back even if it's just five minutes.

If you can, do at least five slow deep breathes in one sitting. It can calm you down and help you become present.

Okay, so start breathing in and count to 5, **pause** for a couple of seconds and **slowly** breathe out for the count of 5.

As you do this, notice what is going on with your body. Are you holding any tension and if you are where? Take a breathe and release the tension. You may have to do this several times if you have tension in multiple places. When I do breathing exercises, it releases stress and tension. I feel calmer. You can do this as many times a day as you wish. It's a great way to start your day and end your night. Give it a try.

Humor is important too. I know it's not what you are thinking about when you are in the middle of challenging times but it's a break from the negativity. Sometimes watching a funny movie can bring laughter will can reduce tension.

So, if you are not as resilient as you would like to be, I recommend trying the suggestions I mentioned.

Remember it takes practice. Be patient with yourself as you learn ways to be more resilient or develop resiliency. One more thing that I would love to add is read a positive affirmation. It can set a tone for the day.

### **Here are some ways to improve your Resiliency:**

Find a sense of purpose in life.

Build positive beliefs in your abilities.

Develop a strong social network.

Embrace change.

Be optimistic.

Nurture yourself.

Practice acts of kindness.

Be present.

Develop your problem-solving skills and take action.

Take control of the things you can and try to accept those things you can't. Have self-compassion. Be compassionate with others. Take baby steps in being resilient if you are not. You got this girlfriend. You can be resilient too!