

12 STEPS TO BUILDING RESILIENCY



THE 12 STEPS.....

- 1. Goal setting
- 2. Nutrition
- 3. Exercise
- 4. Sleep
- 5. Relaxation
- 6. ABCs
- 7. Perspective
- 8. Self-defeating thoughts
- 9. Empathy
- 10 . Wins and losses
- 11 . Reaching out
- 12 . Social support

WHAT IS RESILIENCE

Resilience



Resilience is the process of **adapting** well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress, such as family and relationship problems, serious health problems, or workplace and financial stressors.

It means “bouncing back” from difficult experiences.

- (American Psychological Association)

GOAL SETTING

- Goals help you move from the “Wouldn’t it be nice...” stage of thinking about something, to making it more concrete and achievable.



NUTRITION

- Eat a nutrient-rich diet
- Balance blood sugar
- Stay hydrated



EXERCISE

- Boost memory and thinking
- Improves mood and sleep
- Reduces stress and anxiety



SLEEP

- Lack of sleep can create a variety of issues and concerns including:
- Interfering with controlling your emotions
- Worsening your overall mood
- Diminishing pain threshold
- Interfering with memory and learning
- Feeling hopeless
- Isolation and feeling lonely



RELAXATION

- Mindfulness
- Yoga
- Meditation
- Guided Imagery
- Deep Breathing



ABC

A-B-C Worksheet

ACTIVATING EVENT A "Something happens."	BELIEF/STUCK POINT B "I tell myself something."	CONSEQUENCE C "I feel something."

1. Are my thoughts above in "B" *realistic*?
2. What can you tell yourself on such occasions in the future?

PERSPECTIVE

- How you think can play a significant part in how you feel
- You may not be able to change a highly stressful event, but you can change how you interpret and respond to it.



SELF-DEFEATING THOUGHTS

- Look at negative situations realistically
- Focusing on the positive things you can do, can help get you out of a negative mindset.



EMPATHY

- Empathy enables individuals to connect with others, restore trust and heal through compassion.



WINS AND LOSSES

- Focus on the wins in life
- Sometimes a loss can become a win
- What could we accomplish if we had the strength not to give up?



REACHING OUT

- It can help to talk to others ie. family, friends, peers
- A mental health professional can assist people in developing an appropriate strategy for moving forward.



SOCIAL SUPPORT

- Building strong, positive relationships with loved ones and friends can provide you with needed support and acceptance in good and bad times.

