

RESILIENCE CHECKLIST



Develop Your Understanding Of Resilience

Life is something that you can either go through, or grow through. Resilience requires the willingness to grow and adapt. Life has peaks and valleys. It is always changing. You're not born with resilience, but you can develop this skill



Emotional Regulation

You have the freedom to choose your reactions. Your emotions and thoughts are not facts that you need to act on. You can reframe any situation in order to see it from a positive perspective. Do things you enjoy and make happy memories.



Take Responsibility

Get curious about the role you play in every part of your life. Even if someone wronged you, get curious about your behavior and reaction. You never have to blame yourself. Simply look at the situation so that you can learn how you want to behave in the future. Apologize when you need to. This takes humility and courage, and it will strengthen all of the relationships in your life.



Build Your Connections

Connection adds meaning to life and creates stronger bonding between you and the world around you. It does require effort and attention to develop new relationships. Talk to those you care about and actively listen to them. Use your connections to hold you accountable.



Strengthen Your Self Knowledge

Begin with the basics. Take care of your body, brain, and environment. Pay attention to the patterns of critical self-talk you play in your head. Replace these negative phrases with positive declarations - I Am You are allowed to care about yourself. It is not selfish to prioritize yourself. It is necessary.....



Get Moving

Get your body moving to reduce your anxiety, depression, and stress. This is a great coping skill because it builds confidence and self-worth by changing your neural pathways in your brain. The best way to get started is to get started. Go easy on yourself by setting goals that are achievable.



Challenge Yourself

Take action in your life and empower yourself. Recognize your strength and let it guide you through your actions. Use your values as a lighthouse. Look to them when it is dark and you're not sure which direction to go. Use your values to help propel you forward by thinking about what they look like in action.

