

A person in a black jacket and pants stands on a large rock in a body of water, looking towards a massive concrete dam in the background. The dam is partially covered in ice or snow, and the water is a milky turquoise color. The scene is set in a rugged, mountainous area with steep slopes and some snow patches.

# RESILIENCE

# CHECKLIST

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- Defining resilience
  - Ability to bounce back
  - Come back stronger than before
  - Allows you to grow and heal
  - Overcome any adverse situation
- Why resilience is important
  - Improves your quality of life
  - Helps you find fulfillment
  - Helps you grow
  - Helps you face adverse situations
    - Changing careers
    - Work
    - Divorce
    - Death
    - Financial troubles
    - Moving
    - Raising children
  - When you aren't resilient
    - Feel overcome
    - Feel like you can't master adverse situations
    - Leads to burn out
- Factors of resilience
  - Social support
  - Realistic planning
  - Confidence
  - Healthy coping mechanisms
  - Strong communication
  - Regulating emotions

- Building resilience
  - You can build resilience
    - Resilience training
    - Anyone can benefit from resilience training
  - Resilience building is a journey
    - Not a destination
- Types of resilience
  - Psychological resilience
    - Thoughts
    - Reasoning
    - Problem-solving
  - Emotional resilience
    - Feelings
    - Emotions
  - Physical resilience
    - Physical capabilities
    - Body's ability to bounce back
  - Community resilience
    - Community's ability to bounce back during adverse times
      - Natural disasters
      - Terrorist attacks
      - School shootings
- Resilience helps
  - Major life problems
    - Death
    - Divorce
    - Getting fired
  - Temporary problems
    - Tough deadlines
    - Upcoming test
    - Minor fight with your spouse
  - Daily problems
    - Exercising
    - Daydreaming
    - Sleeping

- Components of resilience
  - Connection
    - Family
    - Friends
    - Coworkers
    - Community
  - Wellness
    - More than just your health
    - Physical wellness
    - Mental wellness
    - Emotional wellness
    - Personal growth
  - Healthy thinking
    - Thinking realistically, flexibly, and creatively
    - Accurate interpretation
    - Creative problem-solving
    - Recognizing thinking traps
  - Meaning
    - Connects events, ideas, and feelings into a greater purpose
    - Meaningfulness
    - Meaning gives context to resilience
- Connections during times of loss
  - Times of loss
    - Death
    - Divorce
    - Moving
    - Losing a job
  - Benefits of connections
    - Improves ability to cope
    - Alleviates effects of distress
    - Promotes lifelong good mental health
    - Improves self-esteem
    - Lowers cardiovascular risks
    - Promotes healthy lifestyle habits
  - Quality connections

- Quality over quantity
  - Quality
    - Cares for your wellbeing
    - Pushes you to grow
    - Supports you
  - Quantity
    - A lot of connections
    - Connections don't really care about you
    - Can't depend on any connections even though you have a lot
- How to build healthy connections
  - Put yourself out there
  - Volunteer
  - Join a fitness group
  - Take a class
  - Look online
- How to maintain healthy connections
  - Stay in touch
  - Don't get jealous
  - Listen
  - Give back
  - Don't overdo it
- Fostering wellness during times of poor mental and physical health
  - How to foster wellness for mental health
    - Start a gratitude journal
    - Meditate
    - Say positive affirmations
    - Talk to your connections
    - Talk to a health care professional
  - How to foster wellness for physical health
    - Exercise
    - Eat healthily
    - Get your friends involved
    - Sleep

- Thinking healthy thoughts during uncontrollable times
  - Uncontrollable times
    - Death
    - Getting fired
    - Natural disasters
    - Unforeseen life changes
    - Car accident
    - Health scares
  - How to think healthy thoughts
    - Recognize thinking traps
      - Overgeneralization
      - Black and white thinking
      - Labeling
      - Mind reading
      - Fortune telling
      - Mental filter
      - Emotional reasoning
      - “Should” statements
      - Discounting positives
    - Separate thoughts from actual events
    - Identify and challenge thinking traps
    - Accept limitations
- Finding purpose when you feel lost
  - Why purpose matters
    - Helps resilience have context
    - Provides motivation
    - Helps you see the big picture
    - Purpose creates meaning
  - How to find your purpose
    - Purpose involves three things
      - Something in the world you care about
      - What you love to do
      - Your natural talents

- Resilience training
  - Improves all aspects of resilience
    - Connections
    - Wellness
    - Thinking
    - Purpose
  - Helps you improve resilience
  - Improves resilience when you don't feel stressed
  - Teaches you good coping mechanisms
  - Types of resilience training
    - Training your attention
      - Improves psychological, emotional, and physical resilience
      - How to train attention
        - Break tasks into manageable chunks
        - Be mindful
        - Practice attentive listening
        - Journal at night