

Resilience

Building and Cultivating Resilience Through a Journey of Self-Discovery



There is a buzz about resiliency! Resilience is the ability to recover from setbacks and adapt to challenging circumstances and is needed to thrive and flourish.

Developing resilience is a personal journey. Resiliency is a foundational tool that can empower us to feel effective and capable of dealing with uncertainty. Experts confirm that we can develop and improve our resilience by practicing and enhancing various skills such as self-discovery.

Deliberate practice combined with small, simple steps will enhance resilience. The key is to find ways that will work well for you as part of your own strategy for cultivating resilience. Below are some activities to build resilience.

- **Clarify your purpose.** Use this reflective exercise and ask yourself: Why do you get up in the morning? When do you feel most alive? How might you apply your gifts to a pursuit that is of deep interest to you and helps others?
- **Boost resilience through creativity.** Get outside your comfort zone to explore a new activity. Consider taking a class or buying tools at a craft store to try something new like drawing, painting, or sketching. Or listen to new music or read a new book.
- **Find Something Funny.** Laughter has been found to boost resilience. Write down three of the funniest things you have experienced, seen, or heard that day. Then write down why you found it funny.
- **Perform Acts of Kindness.** Consider a formal volunteering program in an area you're passionate about or pick one person a day to show extra kindness to.
- **Three Good Things.** Foster positive thoughts and emotions by ending your day with reflecting on and writing down three good things that happened today. Be intentional about the experiences, noting how you felt, and what was the best thing about the experience.

Circle which activity you tried out: **Purpose Creativity Funny Acts of Kindness Three Good Things**

Record date you completed activity: _____

In ten (10) words or less, how did this activity make you feel: _____

Submit your skill builder to nmpsia.wellness@phs.org by February 10 to be eligible for a prize!

Name: _____

Email: _____

Wellness Ambassador: _____

