



WHAT IS RESILIENCE?

This module is one of eight skill-based modules designed to increase your resilience. Resilience is:

- The ability to adapt and recover after adversity or stress.
- Recovering from both major and minor stressors.
- Larger than just dealing with stress. Resilient people also have a strong sense of well-being and purpose.

Resilience is not:

- Only focused on trauma or adversity.
- Being happy.
- A skill some people just have. You can be resilient professionally but feel less resilient in your personal relationships. Or, you can go through times in your life where you feel less resilient than other periods.



WHAT IS MINDFULNESS?

- Mindfulness is when you are focused on one thing—being present in the moment.
- You are paying full attention to that moment and accepting the reality of the situation or how you are feeling.
- Mindfulness helps you train your mind so that you can control what you pay attention to, rather than letting your mind control you.

HOW CAN I PRACTICE MINDFULNESS?

There are three different ways you can practice mindfulness:

- **Informal Mindfulness:** Practice staying present, with purpose throughout the day—even when you're folding laundry or doing the dishes.
- **Formal Mindfulness:** Practice formally, like through meditation.
- **Mindfulness in the Moment:** Practice during moments of stress.

WHEN SHOULD I PRACTICE MINDFULNESS?

- Use mindfulness informally to focus on one thing and to be present in the moment.
- Use a formal mindfulness practice to train your mind to control your attention.
- Use mindfulness in the moment when you're feeling overwhelmed, so you can pause, reconnect with what's important, and then act with purpose.

HOW DOES MINDFULNESS HELP ME BE MORE RESILIENT?

Mindfulness helps you face stress and adversity. Sometimes, you experience negative events that you can't control. Rather than avoiding any negative thoughts, mindfulness can help you acknowledge the discomfort so you can focus on taking purposeful action. This, in turn, can boost your resilience.



HOW TO PRACTICE MINDFULNESS

Informal Mindfulness

You can practice informal mindfulness every day to stay present in the moment, with purpose. You can do this by:

- **Mindfully eating:** Pay attention to taste, texture, and smell. Take small bites and chew slowly, savoring as you go.
- **Mindfully cleaning:** While doing dishes, notice the temperature of the water or the textures of the dishes. Notice the warmth of clothes fresh from the dryer as you fold them.
- **Mindfully walking:** As you walk, notice how your body feels. Feel the contact of each foot as it touches the ground. If you become lost in thought as you continue to walk, use the next step as an opportunity to start over.

Formal Mindfulness

The formal practice of mindfulness includes an intentional commitment of time. When thinking about how to integrate a formal mindfulness practice into your life, don't set unrealistic goals for yourself. Even a meditation practice for five minutes at the beginning and end of your day will help you. Formal mindfulness practices include:

- Meditation
- Exercising mindfully
- Prayer
- Visualization or progressive muscle relaxation

Mindfulness In The Moment

If you are feeling overwhelmed, mindfulness can help you refocus so you can act with intent or purpose. Be mindful in the moment using four steps:

- First, hit the pause button. Take three deep breaths.
- Second, observe how you're feeling or notice and acknowledge your thoughts.
 - Don't judge or criticize yourself for what you think or feel. Just note what you think and feel.
 - You might say to yourself, "I'm feeling angry" or "I feel tired."
 - Again, don't judge. Just make a note of it and then focus back on your breathing.
- Third, prioritize. What thoughts and feelings are most important in this moment?
- Fourth, act on your priorities.

WHAT IS YOUR RESILIENCE ACTION PLAN (RAP)?

You are more likely to change your behavior if you commit to taking action now. Consider creating a RAP to help you become more resilient. Start now with actions you can take to integrate mindfulness into your life. Based on what you learned today, document what you should start doing, stop doing, and continue doing.

START DOING	STOP DOING	CONTINUE DOING