



RESILIENCE

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.

PHYSICAL RESILIENCE



PHYSICAL RESILIENCE AT-A-GLANCE

Note: See a physician before changing your diet or exercise regime.

Area	Strive For	Ideas for Meeting Goal
Exercise	At least 20 minutes a day of exercise (five times a week)	<ul style="list-style-type: none"> ▪ If you work in an office, consider doing “walk and talk” meetings. ▪ If you have a dog, add on an extra 5 minutes of walking every time you take out the dog. ▪ Alternate a brisk pace minute with a moderate pace minute while walking.
Sleep	Between seven to nine hours of sleep every night	<ul style="list-style-type: none"> ▪ Turn off phone/computer screens two hours before bedtime and read a book instead. ▪ Avoid caffeine after 12 noon and avoid alcohol. ▪ Listen to relaxing or soothing music.
Nutrition/ Diet	A portion-controlled diet that consists of a daily consumption of fruits, vegetables, complex carbohydrates, proteins, vitamins, and water	<ul style="list-style-type: none"> ▪ Make half your plate fruits and vegetables. ▪ Make half the grains you eat whole grains. ▪ Switch to fat-free or low-fat (1%) milk. ▪ Choose a variety of lean protein foods. ▪ Compare sodium in foods. ▪ Drink water instead of sugary drinks. ▪ Cut back on solid fats.

HOW DOES MY PHYSICAL WELL-BEING HELP ME BE MORE RESILIENT?

- The three main areas of physical well-being are exercise, sleep, and nutrition (healthy diet).
- Developing or maintaining physical resilience can help you cope with stress through increased energy, sharper attention and focus, increased productivity, and a better mood.
- When you strive to maintain a healthy body, this can in turn help you maintain a healthy mental state.



FOCUS AREA: DECISION MATRIX

For each statement below, select one of the physical well-being areas listed on the right that is most impacted by the statement. Write the statement number in the box. Then, tally up which core area has the most statements. This should be the area you select to focus on.

<ol style="list-style-type: none"> 1. This is the area that I used to have a good handle on, but lately, it seems like I don't. 2. This is the area that if I either make improvement in or I regress, I notice that I have more/less energy or I'm in a better/worse mood. 3. This is the area that falls to the bottom of my list when there just isn't enough time in the day. 4. I have a friend, spouse, or family member who seems to struggle with this area as well. 5. This is the area that when I don't do this at all, not enough, or well on a particular day, it actually affects the rest of my day. 6. This is an area that I feel comfortable with up to now but believe I could make some small changes to improve my overall well-being. 	EXERCISE
	SLEEP
	NUTRITION
Area I chose to focus on:	
Expected barriers:	
Anticipated successes:	

GOAL PLANNING

Immediate goal (in the next 24 hours) I can achieve in this area: _____

Actions I can take to achieve this goal: (1) _____ (2) _____

Long-term goal (in the next three months) I can achieve in this area: _____

I'll revisit this goal on this date: _____

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 improve your physical resilience. Based on what you learned today, document what you should start doing, stop doing, and continue doing.

START DOING	STOP DOING	CONTINUE DOING