

Exercise for the Mind: Building Resiliency

CAROL HURST

Objectives

Attendees will learn:

- How building resilience can help their everyday life.
- The 4 building blocks of resilience.
- Information and “hacks” of how best to incorporate those building blocks into a routine.
- How to assess individual resilience and create a plan for addressing any deficits.

Toolkit

Journal
 Online or digitally, whatever works best for you. Incorporating the strategies discussed will require you to know and assess your baseline. Journals are a good way to do this.



DownDog App
 This app has free yoga videos and is a cheap upgrade if you love the features.



HeadSpace
 This app is great for guided meditation. It also has features to help with being intentional.



The Sleep Foundation website has a ton of resources for healthy sleep. This link in particular has great relaxation exercises to use before sleeping.

Key Points

- Like any muscle, resilience can be strengthened.
- The four building blocks are: adequate sleep, good nutrition, active relaxation and routine physical activity.
- Assess your current state in each area and create 2-3 SMART goals for what improvements you would like to focus on.
- Remember, the goals should be realistic changes. Starting a journal can help track/note progress.

WELLNESS WHEEL

Instructions:

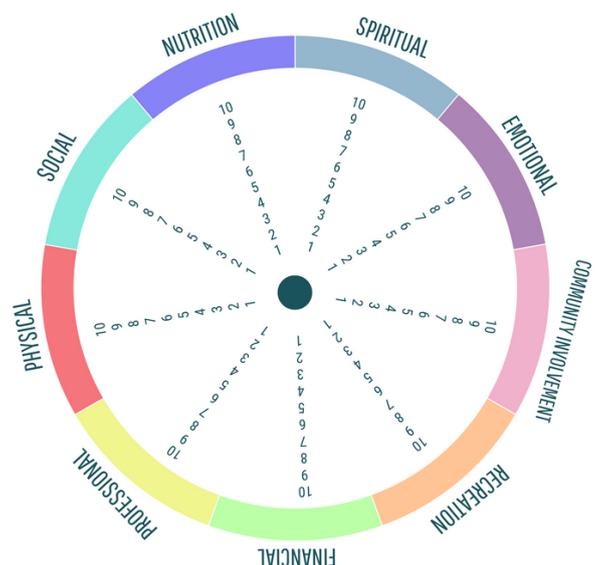
There are many areas that contribute to a person's overall wellness. We've broken down the common ones below. Place a dot along the spoke and rate yourself in each area.

A 1 indicates the greatest amount of deficiency in that area. You are not happy/fulfilled.

A 10 indicates you feel completely in control of this area and are getting the most out of it.

Connect the dots to see how "balanced" your wheel is.

This can give you a starting place for where to focus your efforts to improve your wellness. Repeat every 6 months to measure progress.



Courtesy of VetSupport

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GOAL SETTING

Specific: What is the Goal?

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Measurable: How will we measure the success?

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Achievable?

.....

Relevant?

.....

Time-Bound: When is the deadline?

.....

What barriers may you face while working towards goal?

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Resources/tasks needed to obtain the goal?

.....

Who is owning the goal?

.....

Form area with 10 horizontal grey bars for input.

Courtesy of VetSupport

NOTES

Form area with 7 horizontal orange lines for notes.