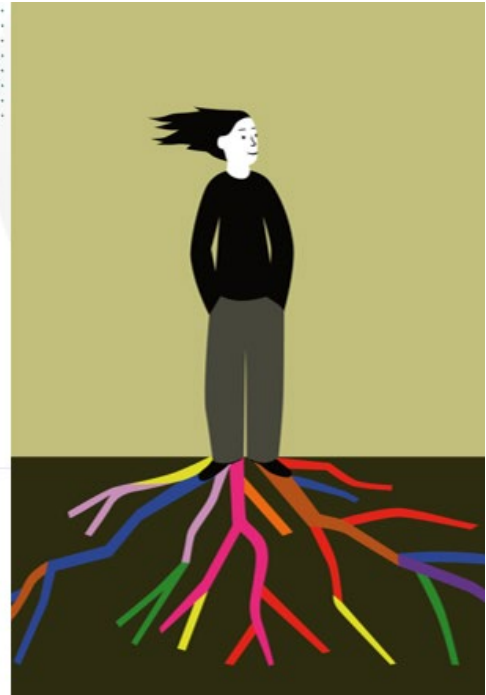


# “Resiliency is the sum of your everyday actions”

Donna Baquero



## Strategies for Building Resiliency



### **PURPOSE**

What is your why? Self-discovery & move towards goals (inch wide/mile deep).

### **AWARENESS**

Acceptance of what is/is not within our control. honest about strengths and reality

### **SELF-CARE**

emotional, mental, spiritual, environmental, physical, recreational, social

### **HOPE**

Possibility still exists even if it is not clear. Practice gratitude

### **CONNECTION**

Makes us feel seen, supported and safe. Who are your allies? Who is your team?

# Resiliency Self-Reflection

1. Which area of resiliency feels the **strongest** to me now?
2. What needs my **attention**?
3. What is **one thing that I can do** to help me feel grounded and more like myself when I am feeling stress?
4. What is one thing I am **grateful** for today that helps build my resilience?
5. Who are my **allies** that make me feel supported and connected?

## Want to Learn More?



**Grit** – Angela Duckworth  
**Educated** – Tara Westover  
**No Time to Spare: Thinking about what Matters** - Ursula K. Le Guin  
**Option B: Facing Adversity, Building Resilience, and Finding Joy** - Sheryl Sandberg and Adam Grant



**Mel Robbins: Episode 111:** Renew Your Spirit: 5 Ways I'm Finding Hope & Strength Right Now  
**The Happiness Lab with Dr. Laura Santos:** How to Build Resilience



**Check out *The Wellness App* & *Wellness Intranet Page***

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