

Resilience Checklist

| <i>Resilience Resource</i> | <i>Cultivation of Resources</i> |
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| <p>Create strong supportive and caring relationships with others, whether inside or outside of your family. Relationships that create love, respect and trust provide positive role models to help bolster your ability to cope.</p> | <p>Set some weekly goals of reaching out to develop more relationships with individuals or groups that you consider resourceful and healthy. Ask a co-worker to lunch, visit a new church, meditation or exercise group or become involved in volunteer work. Having a friend requires being a friend.</p> |
| <p>Avoid seeing crises as overwhelming. You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events.</p> | <p>Change your mind and keep the change! Perceptions and expectations can set up increased stressors. Listen to your self-talk. If you are frequently in a state of fear or stress, shift your focus to what is working in your life and increase your patience with resolution of what you perceive as problems. Most issues have their own rhythm for resolution.</p> |
| <p>Acknowledge change. Change is a constant in life. To expect otherwise weakens our resilience.</p> | <p>The old saying of making lemonade out of lemons has value. If you use challenges as a turning point for you to shift perception, re-prioritize or update old beliefs, you are more likely to find the hidden gifts in change.</p> |
| <p>Make realistic plans and goals and take steps to carry them out.</p> | <p>Write down your goals to make them tangible and the steps necessary for you to take to achieve them. Change black and white thinking about goals to shades of improvement. Be sure to create small short-term goals as well as long-term dreams.</p> |

Resilience Checklist, continued

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| Develop a positive view of yourself and confidence in your strengths and abilities. | You are a survivor! What challenges have you successfully dealt with in the past? In what areas of your life do you feel most comfortable? Forgiveness, acceptance and compassion should be directed inward, not just toward others. |
| Become skilled in communication and problem solving. | What are the commonalities you share with family, friends and co-workers? Being honest with your intentions, needs, and fears encourages the same behavior in others. Recognizing that others have a right to their own thoughts reduces your stress. |
| Learn to manage strong feelings and impulses. | Anger is frequently a release for a lot of other emotions. Ask yourself, what are you really feeling? Realize you do not need to react to every issue; you can take time to have a measured response in which you combine thought with emotion. |

For more resources to assist you in taking charge of your health and well-being during times of transition, visit HeartHill.com.