

Resilience Resources

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Ideas for Building and Sustaining Resilience

*Resilience can be thought of as the **capacity to navigate difficult situations** while supporting your **well-being**.*

Start with Micro-practices - focus on practices that are doable, for example:

- Adding physical activity to your week could involve:
 - parking further from the office to walk a bit more before and after work
 - walking around the block during lunch or after work each day
- Making time to rest and recharge might include:
 - Taking 30-seconds each day to intentionally breathe while raising and lowering your arms
 - Listening to relaxing music or a funny audiobook on your commute home from work
- Removing something that doesn't support your well-being, such as:
 - If starting my day by reading the news triggers anxiety, I might adjust when and how I access that information
 - If watching an exciting movie at night makes it hard to fall asleep, I might watch a comedy at night instead
- Giving yourself permission to take one small step:
 - "I don't have to go for a walk, I just have to put my walking shoes on."
 - "I'm going to do just three minutes of stretching and then I can stop if I want to."

Enablers & Sustainers - creating a new habit can be challenging, so it helps to use supports, such as:

- Reminders:
 - Set a recurring calendar or alarm alert to do the practice
 - Post a sticky-note somewhere visible
- Accountability:
 - Ask someone to do the practice with you
 - Ask someone to check in with you about it
- Rewards:
 - Notice and celebrate any positive effects of the practice
 - Save a favorite podcast for only when you're doing the practice

Some Practices to Support Resilience

Note: The idea is to have options to choose from (and notice what you're already doing), not to do all the things!

Body	Mind	Heart	Spirit
<ul style="list-style-type: none"> • Sleeping, resting, restoring 	<ul style="list-style-type: none"> • Engaging in a work project 	<ul style="list-style-type: none"> • Connecting with loved ones 	<ul style="list-style-type: none"> • Connecting with nature
<ul style="list-style-type: none"> • Walking, jogging, dancing, group sports, swimming 	<ul style="list-style-type: none"> • Puzzles or games 	<ul style="list-style-type: none"> • Laughing 	<ul style="list-style-type: none"> • Faith practices
<ul style="list-style-type: none"> • Drinking water 	<ul style="list-style-type: none"> • Mindfulness practices 	<ul style="list-style-type: none"> • Therapy or coaching 	<ul style="list-style-type: none"> • Meditation / prayer
<ul style="list-style-type: none"> • Medical attention 	<ul style="list-style-type: none"> • Reading or listening to books or podcasts 	<ul style="list-style-type: none"> • Gratitude practices 	<ul style="list-style-type: none"> • Social activism
<ul style="list-style-type: none"> • Eating nurturing foods / Dietary supplements 	<ul style="list-style-type: none"> • Psychological flexibility practices 	<ul style="list-style-type: none"> • Noticing inner sensations 	<ul style="list-style-type: none"> • Volunteering
<ul style="list-style-type: none"> • Taking stretch breaks 	<ul style="list-style-type: none"> • Both/and thinking 	<ul style="list-style-type: none"> • Journaling 	<ul style="list-style-type: none"> • Being in nature
<ul style="list-style-type: none"> • Breathing, posture awareness 	<ul style="list-style-type: none"> • Filtering media intake 	<ul style="list-style-type: none"> • Healthy boundaries 	<ul style="list-style-type: none"> • Singing / dancing
<ul style="list-style-type: none"> • Yoga, Tai Chi, Qi Gong 	<ul style="list-style-type: none"> • Interrupting ruminative thoughts 	<ul style="list-style-type: none"> • Self-compassion 	<ul style="list-style-type: none"> • Values - clarification and aligned action
<ul style="list-style-type: none"> • Light exposure 	<ul style="list-style-type: none"> • Listening to Marconi Union's "Weightless" 	<ul style="list-style-type: none"> • Listening to joyful music 	<ul style="list-style-type: none"> • Reflecting on what brings you meaning and purpose

Additional Resources: *Chronic Stress, Trauma, and the Nervous System*

Understanding Chronic Stress / Trauma & the Nervous System

- [My Grandmother's Hands](#) - Resmaa Menakem
- [Widen the Window](#) - Elizabeth Stanley ([video](#))
- [Trauma-Sensitive Mindfulness](#) - David Treleaven

Practices for Tending to the Nervous System When it's Activated

- Press your feet into the floor; bring attention to soles of feet and notice sensations there (e.g. temperature, pressure, texture of socks or shoes or floor, etc.); notice muscles in legs that are activated by pressing feet into floor; release
- Press the palms of your hands into your thighs; take three to five full breaths; release
- Turn your head to one side and look behind you, over your shoulder; allow your eyes to notice that there is nothing dangerous behind you; return to face forward. Repeat over the other shoulder.
- Press your fingertips against your closed lips or massage your earlobes
- Hum (you can hum a tune or just make a humming noise)
- Inhale through your nose, exhale in a sigh through your mouth
- Pause and look around the room, notice and (mentally) name at least five different objects, then notice and (mentally) name four different sounds, then three different sensations (e.g. pressure, temperature, texture of fabric, etc.), then one or two smells
- [Anna The Anxiety Coach](#) posts IG videos of quick, simple practices to settle the nervous system