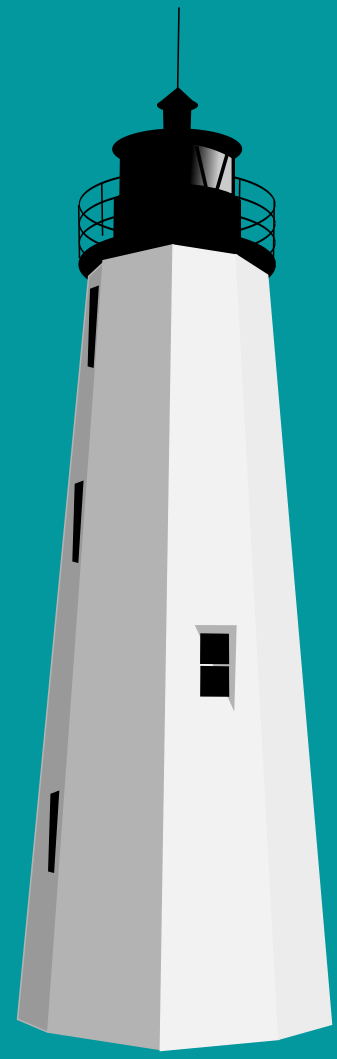




# RESET TO RESILIENT





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*“Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves.” ~ Bruce Lee*

# WHAT IS RESILIENCE?

Resilience is that extra something that allows us to recover from setbacks and adapt to challenging circumstances like the pandemic, loss, or any one of life's difficult situations.

Resilience empowers us to feel capable of handling uncertainty.



Being resilient does not mean that people don't experience stress. Rather, resilient people are able to problem solve and innovate in the face of challenges.



# 5 ways to become more resilient

**1 Nurture relationships.** Build positive, supportive relationships with trusted friends, family, coworkers, and others. Find additional support through clubs, volunteer work, church, and community organizations.

**2 Find meaning in difficulties.** Look for positive outcomes to challenges. Difficult times often lead to improved relationships, greater consciousness, and a renewed appreciation for many things in life.

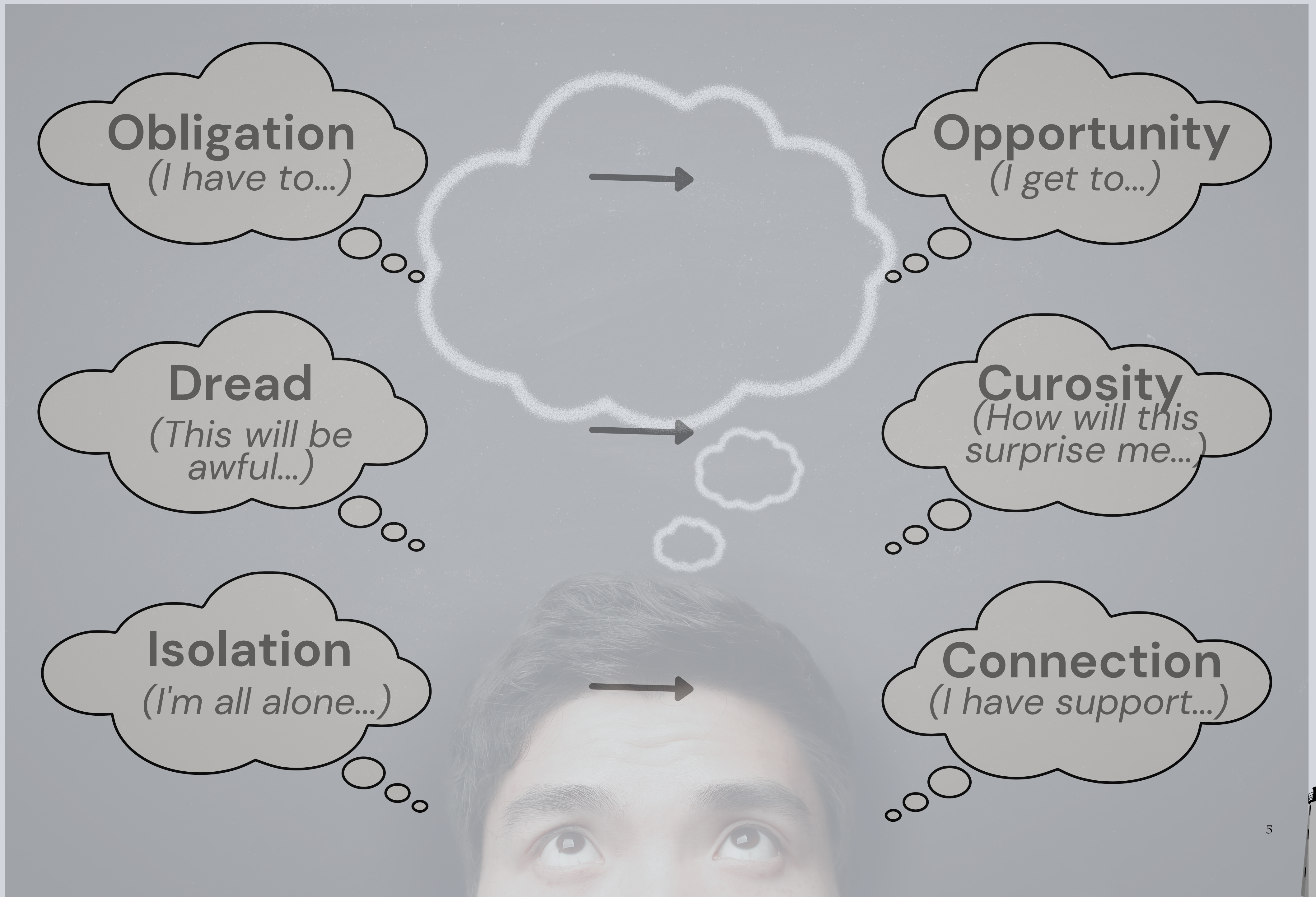
**3 Be decisive.** Don't just hope things will get better. Make decisions and take action toward a solution. If you're not good at this, seek help from trusted supporters.

**4 Be optimistic.** To see things more clearly, use mindfulness to shift your attention from worry and rumination to positive thoughts about the future. This helps us solve problems. You can't change the fact that stressful events happen, but you can learn to change how you respond.

**5 Accept that change is part of living.** Expect things to change and adversity to occur, rather than pretend all will always be well. Change is part of life. Your goal is to cope effectively rather than avoid loss or pain.



# Stay Grounded during Uncertainty



# Steady habits help us bounce back and stay strong

To protect ourselves during tough times, it is necessary to make room for healthy practices. When your stress level is high, it's all too easy to skip a workout or two, make less nutritious choices at mealtimes or deprioritize our sleep. It can feel overwhelming to have to put this extra effort into "being healthy," but the reality is that these are the times where we need it the most.

By maintaining healthy habits, even when we just don't feel like it, we are becoming physically and emotionally stronger and will be better equipped to handle difficult circumstances now and in the future.



Old Point Comfort, Fort Monroe

*"We are what we repeatedly do."*





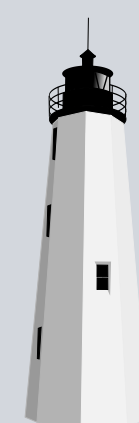
Start where you are.  
Use what you have.  
Do what you can.  
- Arthur Ashe





| #35432274

*Exercise for*  
**resilience**





# Getting started

**Overcoming physically demanding challenges often provides confidence to overcome other challenges. In addition, exercise can boost your self esteem, improve motivation, change your mindset and help you build strong, supportive relationships.**

**Make exercise an essential part of your routine. Choose activities that you enjoy and fit easily into your lifestyle.**

**For added motivation, make your exercise a social activity and exercise with a friend or a group.**

**Initially aim to exercise at a moderate intensity – such as brisk walking, swimming, or cycling – for about 30 minutes a day. If you are new to exercise, start slowly, with just a few minutes each day, and increase gradually.**

**For a well rounded program, be sure to include resistance exercises 2–3 days per week, as well as stretching exercises.**

**Yoga is an excellent choice for improving flexibility and strength.**

**It also focuses on breathing and relaxation, which help improve sleep, reduce stress, and foster resilience.**





*Sleep for*  
**resilience**



**Limit screentime 60 minutes before bed.**

**Avoid alcohol, tobacco, caffeine and other stimulants in the evening.**

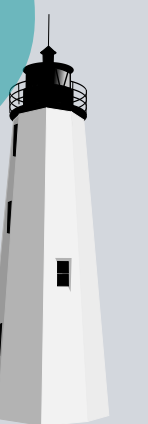
**Establish routine for a consistent sleep cycle.**

**Poor sleep affects your ability to recover and be resilient. Try these tips to improve your sleep.**

**Make your sleep area comfortable as possible (bed, pillows, ambiance, temperature).**

**Keep a "worry journal" next to your bed to record your thoughts and worries before bed.**

**Try relaxing before bed with breathing exercises, muscle relaxation, or meditation.**





*Eat for*  
**resilience**



There is no magic “resiliency pill” but there is a connection between the foods we eat and our mental health.

Strengthen your resiliency by eating a variety of delicious foods each day including:.

- **Vegetables – choose a colorful variety**
- **Fruits – refreshing & delicious**
- **Legumes – include beans or chickpeas**
- **Fish – bake, broil or grill salmon, trout or herring**
- **Whole grains – enjoy rice, quinoa, and oats**
- **Nuts – crunchy and wide variety**
- **Healthy unsaturated fats – olive oil or avocados**



# FOODS TO BOOST RESILIENCY

**Dark leafy greens... – Antioxidants**

- Boost immune system
- Reduce inflammation
- Vitamins A, C, E and many B vitamins
- Increases energy levels and helps with handling stress

**Broccoli..... – Anti-inflammatory**

- Detoxification
- Vitamin D boosts healthy immune system
- Antioxidants from Vitamins C and E

**Salmon..... – Omega-3 fatty acids helps with mood**

- Decrease inflammation
- Vitamin D aids immune system

**Avocados..... – Vitamin B5 (pantothenic acid) helps with managing stress**

- Healthy fats that help balance mood and hormones



# FOODS TO BOOST RESILIENCY

**Berries.....** – Antioxidants  
– Vitamin C – strong protector of immune system  
– Enjoy all varieties

**Eggs.....** – Improve mood  
(in moderation per physician or dietitian)  
– Produces neurotransmitters in the brain  
– Protect brain from oxidative damage  
– Anti-inflammatory & Antioxidants  
– Vitamins D and A for healthy immunity  
– B vitamins for energy and sleep

**Onions and garlic...** – Anti-inflammatory  
– Anti-viral & Anti-bacterial  
– Boosts immunity against colds, flus and viruses

**Dark chocolate.....** – Antioxidants  
(small serving, delicious and healthy)  
– Mood enhancing  
– Aid in relaxation



# Journal for Clarity

Journaling can help bring clarity and focus, especially during life's uncertain times. It helps you recall positive emotions and boosts your resilience. It can be a powerful and effective way to deal with stress and anxiety. If you make a habit of writing about your feelings regularly, it may help you resolve issues, find meaning, and see things more clearly.

**Use these writing prompts to help you get started, or chose one of your own. The most important things is to just start writing.**

***What are three things you are grateful for today?***

***What is something you did well in the last week?***

***What are you going to work on in the coming week?***

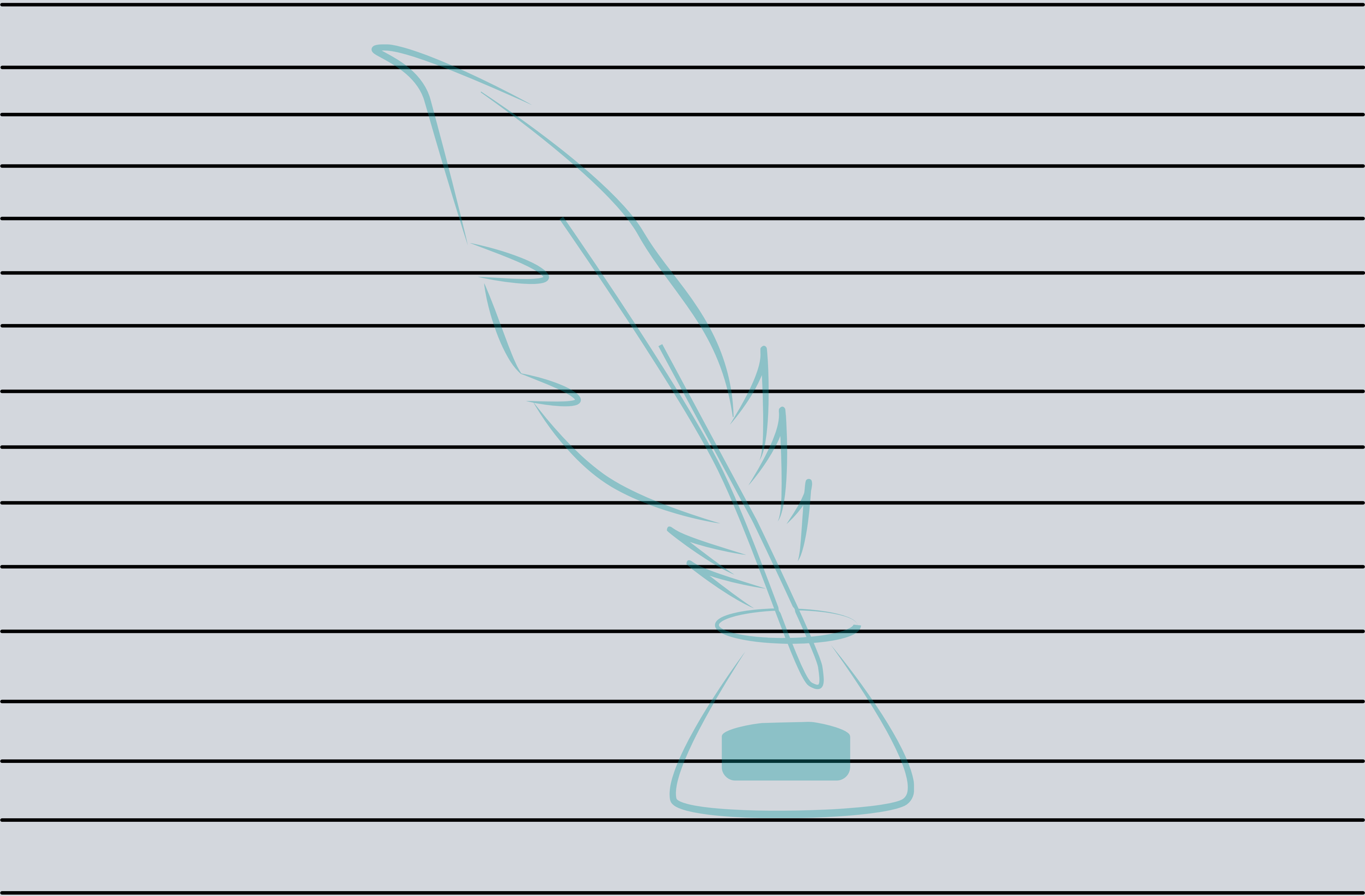
***Write down 25 things that make you feel good.***

***What can you do to relax more?***

***What are your dreams at the moment?***







# Turning the Obstacle Upside Down

**Stoic philosophers like Marcus Aurelius had an exercise called "Turning the Obstacle Upside Down" in order to train their perception. By reframing a problem, or turning it upside down, something that is considered "bad" can become a source of "good". For example, if we have a difficult person in our life, this exercise would tell us that they are a good learning partner who is teaching us patience, understanding, and tolerance, rather than focusing on the difficulties.**

*Consider a challenge in your life. Reframe the obstacle so that you see it as an opportunity for growth.*

**"Choose not to be harmed and you won't feel harmed. Don't feel harmed and you haven't been."**

*-Marcus Aurelius*





Your track record  
for getting through difficult  
times is 100%





*Stay well*

[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)

