



## The Five Fundamentals of Resilience

Resilience is the ability rebound from adverse psychological or environmental events—to navigate challenges with awareness, intention, and skill. It is also the ability to rapidly and effectively cope with, “bounce back” from, and learn from daily stressors, both large and small.

People who are resilient are able to view obstacles as things to be overcome or endured; they can see the future beyond the immediate conditions.

No one becomes more resilient by avoiding stress, but anyone can develop and build up their resilience by focusing on five fundamentals: **healthy behaviors**, **healthy body**, **positive outlook**, **staying connected**, and **practicing mindfulness**.



- **Healthy Behaviors**

- Time management
- Recreation and leisure
- Take a timeout—get distracted and detach
- Take on new challenges
- Take on ownership and accountability
- Avoid impulsivity like gambling or over-spending
- Simplify

- **Healthy Body**

- Regular vigorous exercise
- Eat healthy
- Good sleep hygiene
- Limit nicotine, caffeine, alcohol, and other drugs
- Have a wellness checkup and routine preventative healthcare



- **Positive Outlook**
  - Keep an optimistic outlook
  - Stay present—don't fixate on the future or past
  - Set realistic standards and goals; avoid perfectionism
  - Focus on what you can control
  - Laugh (particularly at yourself)
  - Recognize and celebrate success—don't fixate on the struggles
  - Remember why you chose to be here; don't lose sight of your purpose
  
- **Stay Connected**
  - Be socially active in a way that energizes and is best for you
  - Resolve ongoing conflicts
  - Strengthen your EQ
  - Recognize your emotions and those of others; use that awareness to build strong relationships
  - Invest effort to be a good parent, spouse, and friend
  - Volunteer and stay active in your community
  
- **Practice Mindfulness**
  - Maintain a moment-by-moment awareness of your thoughts, feelings, bodily sensations, and surrounding environment
  - Acceptance; pay attention to your thoughts and feelings without judging