

# Resilience Action Plan

## Recognize

Identify the signs of stress and burnout

## Reverse and Resilience

Develop a plan to reverse the signs and build resilience

### Mind

- Feeling down, depressed or “blue.”
- Feeling anxious or that you can’t relax.
- Increasingly cynical and negative outlook
- Exaggerating things. “Doom and gloom” thinking. Expecting the worst.
- Loss of interest in things you used to enjoy.
- Problems with memory and concentration.
- Loss of motivation and purpose.
- Feeling helpless, trapped or defeated. Sense of failure and self-doubt.



Healthy Behaviors

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Stay Connected

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Body

- Sleeping too much or too little.
- Loss of energy, tired, fatigue.
- Reduced physical activity and exercise.
- Appetite changes – eating too much or too little, or the wrong things.
- Unexplained aches and pains.



Positive Outlook

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Behavior

- Lower productivity at home or work.
- Procrastination or indecisiveness.
- Skipping work; coming in late; leaving early .
- Avoid new opportunities and challenges.
- Investing excessive energy in something at home or work without feeling satisfied or accomplished.
- Addictive or compulsive behavior: drinking, substance use, overeating, over spending, gambling.



Healthy Body

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Practice Mindfulness

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Relationships

- Conflicts with others at home or work.
- Withdrawing from others. Feeling lonely.
- Avoiding social obligations or meetings.
- Being highly self-critical or critical of others.
- Feeling resentful toward obligations at home, work or with others.