

Top Ten Resilience Strategies

Does the current coronavirus crisis give you a headache? Do you feel jumpy, over-tired, forgetful, fuzzy, punchy or unable to sleep? Chances are the stress is showing up in some physical way, because our go to response to stress is the same as physical danger: fight, flight or freeze.

Resilience is the ability to recover from adversity, trauma, tragedy, threats and prolonged stress. Resilience does *not mean* you aren't affected by stress; it means you have the ability to recover. The more resilient you are, the more able you are to bring yourself back to your steady state. Most resilience strategies involve a physical as well as mental component.

1. **Sleep.** Develop a good routine to fall asleep and stay asleep.
2. **Exercise.** Move your body. Dance, run, jump, walk.
3. **Connect.** Be with people who care about you.
4. **Reframe.** See silver linings, a new angle, a glass half full.
5. **Let go.** Accept the things you cannot change.
6. **Take action.** And change the things you can.
7. **Self-compassion.** Be kind to yourself, appreciate yourself.
8. **Give back.** Doing something for others replenishes you.
9. **Be present.** Practice mindfulness with 4 slow, deep breaths.
10. **Self-regulate emotions in the moment with STOPP**

S	Stop	Notice you are triggered
T	Take a breath	4 deep breaths
O	Observe	Name the feelings
P	Pause	Separate from stressor
P	Proceed	Re-engage from a good place

