

# BE RESILIENT PLAN & RESOURCES

Get started on your personal pathway to resiliency! Write it down and check in weekly to assess your progress.

## HOW DO YOU CURRENTLY RESPOND TO STRESSFUL SITUATIONS?

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## WHAT CAN YOU DO DIFFERENTLY NEXT TIME?

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## HOW WILL YOU IMPLEMENT YOUR PLAN?

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**START WITH A SIMPLE AFFIRMATION:** Say it out loud daily or leave it close to you so you can read and repeat.

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**Tips: START WITH AN “I” STATEMENT:**

I am... , I welcome... , I deserve... , I choose... , I believe... , I trust... , I have... , I know... , I feel... , I create... , I love

## ANYTHING ELSE?

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As you work to create your resiliency plan, get some ideas, inspiration, and motivation from these helpful resources detailed below.

## RESILIENCY APPS

Apps are a great way to set a plan and have accountability towards them. If you're looking for more assistance getting started with a resiliency plan, start with these apps:

- **Move:** Sending reminders to get up and move with simple exercises
- **StandUp! The Work Break Timer:** Set daily reminders and intervals to stand up and move
- **Happify:** Science-based games to help with stress, negative thoughts, and resiliency
- **Daily Water Tracker Reminder:** Track your daily water intake and set reminders
- **Way of Life:** Track both positive and negative habits through goal setting
- **Coach.me:** Select a goal, track progress, and earn rewards
- **Talkspace:** Provides counselling from licensed therapists

## MEDITATION & MINDFULNESS APPS

Many people want to meditate more, but don't know how to get started. Apps can make meditation seem less intimidating. Download these favorite meditation apps:

- **Simple Habit: Meditation:** 5-minute daily meditation
- **Calm: Meditation:** Guided meditation sessions running 3-25 minutes in length
- **Headspace: Meditation:** Subscription-based service for meditation
- **Aura:** Creates a personalized meditation experience
- **Stop, Breathe & Think:** Personalized meditation and mindfulness experiences

## HEALTHY EATS

Create a reserve of Go-to recipes for breakfast, lunch, dinner, and snacks. Bookmark your favorite recipes to make again.

- Eating Well ([www.eatingwell.com](http://www.eatingwell.com))
- Food & Nutrition ([foodandnutrition.org](http://foodandnutrition.org))
- Cooking Light ([www.cookinglight.com](http://www.cookinglight.com))
- Real Simple ([www.realsimple.com/food-recipes](http://www.realsimple.com/food-recipes))