

20 Tips for Resilience

- **Proactive in Problem Solving:** Identify the problem, look for possible solutions, seek and accept help if necessary
- **Compassionate Outlook:** Be happy and willing to help someone in need to feel better – recognize that kindness fosters wellness
- **Contact Friends / Family:** Precious relationships must be nurtured – find peace and support with those who are most important to you
- **Daily Goals:** Engage in activities and projects that are most meaningful to you and reflect your important inner values
- **Drugs and Smoking:** Avoid ingestion of alcohol, chemicals, and smoke into the body – Learn what your real needs are and how to get them met in a healthy manner
- **Electronics and News:** Use moderation in exposure to electronics and news – allow yourself to be present in appreciation of the here-and-now
- **Exercise and Sleep:** Enjoy your body by means of adequate nutrition, exercise, and physical awareness – develop a healthy sleep to recharge and revive the spirit
- **Experiential Exploration:** Use this time to do or learn new things; taking the time to read a forgotten book, trying a new recipe, committing to a fresh workout, appreciating quiet walks, or connecting with *Zoom*
- **Food and Drink:** Enjoy healthy meals and enjoy making meal times special, even in the simplicity of the meal
- **Outdoors and Nature:** Notice this is an opportunity for gratefulness, enjoy the fresh air and fresh green
- **Perspective Proportion:** Know that all things constantly change and that this time will also change and pass
- **Purposeful Action:** Be creative in what you attempt and enjoy more of your potential than you thought possible
- **Recognizing the Positives:** Strive for a sense of wellbeing even in times of adversity
- **Respond to Challenges:** Act upon challenges in life as opportunities for personal growth
- **Routine and Structure:** Create a daily itinerary or schedule that works for you and supports your needs
- **Self Care:** During this time of hardship; do all good things for the body, mind, and spirit
- **Service and Support:** Reach out to others who need your support and appreciate the support of others
- **Support/Treatment via Virtual:** If you are in formal support/treatment, stay with this virtually
- **Futured Aspirations:** Areas of interest that do not relate to material/status but are life enriching; such as delving into your ancestry/culture, cultivating relationships, musical learnedness, taking up gardening, or a topic of deep study
- **Faith and Spirituality:** Use this time for mindfulness, quieting the noise, reflecting upon your values, and what is most important in your life

...Because Recovery Starts Now



KENDALL COUNTY
HEALTH DEPARTMENT