

Resiliency Checklist

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. As much as resilience involves "bouncing back" from these difficult experiences, it can also involve profound personal growth. Resilience involves behaviors, thoughts and actions that anyone can learn and develop. Like building a muscle, increasing your resilience takes time and intentionality. Take a moment to review this brief checklist covering the 4 core components of resiliency and give yourself permission to spend time on any area you feel needs more attention.

Domain	Examples	Your Plan
Connections <i>To individuals and groups</i>	<p>Go on a weekly date night with your spouse</p> <p>Plan a lunch out with a friend</p> <p>Become active in civic groups, faith-based communities, or other local organizations</p>	
Wellness <i>Mind and body</i>	<p>Improve nutrition, sleep, hydration, and regular exercise</p> <p>Increase time in mindful journaling, yoga, and other spiritual practices like prayer or meditation</p> <p>Reduce or eliminate alcohol consumption or emotional eating</p>	
Meaning <i>Help others, be proactive, focus on self-discovery</i>	<p>Volunteer with a local homeless shelter or simply support a friend in</p> <p>Asking yourself, "What can I do about a problem in my life?" Break the answer down into manageable goals, tackle one at a time.</p> <p>Think if a hardship, during which your relationships improve despite or because of the difficulty. Apply that to the present.</p>	
Thinking <i>Keep perspective, accept change, maintain hope, and learn from your past</i>	<p>If you feel overwhelmed by a challenge, remind yourself that what happened to you isn't an indicator of how your future will go, and that you're not helpless.</p> <p>Accept that change is a part of life. Certain goals or ideals may no longer be attainable as a result of adverse situations in your life, shift your attention to those that still are.</p> <p>Visualize what you want, rather than worrying about what you fear.</p> <p>Think of past trials. Remind yourself of where you've been able to find strength and ask yourself what you've learned from those experiences.</p>	