



**Y**ou can build up resilience in the physical, emotional and spiritual parts of your life. Healthy activities in these areas on a regular basis will help you have a more balanced and less stressful life.

Here are a few examples to get you started:

**Create small goals.**

What can you get done *today*?

Completing even a small task will help you start to get control of your environment, which, in turn, builds confidence and helps to develop resilience.

The goal may be something as simple as planning and eating a healthy breakfast, brushing your teeth afterward and putting on clean clothes.

**Don't run from the problem.**

Accept that there is a problem and accept that it creates unpleasant emotions. Facing your fears decreases stress and builds inner strength.

**Keep things in perspective.**

Nothing is ever as horrible as it seems, and dwelling on a problem — not the solution — always blows a situation out of proportion.

**Maintain an outlook of hope.**

Visualize what would make you happy rather than focusing on what makes you sad. Thinking positive thoughts helps to create positive situations.

## Steps You Can Take Right Now to Resist Stress

**Exercise.**

Whether it's 50 push-ups or a walk around the block with your dog, exercise releases hormones in the brain that make you feel better.

**Rely on good relationships.**

Ironically, letting someone help you strengthens your own personal resilience. Loved ones and friends want to help, so let them. Call someone you care about today.

**Start a list of gritudes.**

Each day, write down something for which you are thankful and review the list when you're feeling down. This directs your attention to the positive.

**Breathe, breathe, breathe.**

In a relaxed position, breathe in deeply through your nose, with the visualization of filling your stomach like a balloon. Breathe out slowly through your mouth, concentrating on the sound of air moving in and out. Repeat several times for an instant stress decrease.

