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25 Ways to Practice Resilience

Set an intention	Hang out with a friend	Imagine a positive outcome	Research a topic or idea for fun	Take time to play
Volunteer	Draw a face without lifting your pencil	Listen to or read an opposing view	Make a list of how you want to feel	Notice the variety of plants, birds, and/or bugs
Cook something new and healthy	Ask someone how they overcame a difficulty	Speak kind words to yourself	Unplug: take a tech break	Try something new
Stretch/ exercise	Keep a gratitude list	Extend kindness to others	Change your environment for an hour or a day	Call a relative or someone you want to catch up with
Take deep, restorative breaths	Find the silver linings	Forgive yourself	Journal without editing yourself	Talk a walk

WAYS TO USE THIS GRID

1. Play Resilience Bingo. Once you cross out 5 in a row in any direction, reward yourself. Maybe one of the actions on the grid is the reward.

2. Match each action to a Resilience column on the attached worksheet. Notice how many actions apply to more than one column.

3. 25 Ways in 25 Days. Set a challenge to mark off one action per day for a 25 day period (if you skip a day, be kind to yourself 😊)