

BE RESILIENT PLAN & RESOURCES

Contributed by Mandy Enright, MS, RDN, RYT

Get started on your personal pathway to resiliency by creating your own Resiliency Plan! As you work to create your plan, get some ideas, inspiration, and motivation from these helpful resources detailed below. Write down your plan and check in weekly to assess your progress.

Resiliency, Meditation, & Mindfulness 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:

- **Happify:** Science-based games to help with stress, negative thoughts, and resiliency (happify.com)
- **Way of Life:** Track both positive and negative habits through goal setting (wayoflifeapp.com)
- **Coach.me:** Select a goal, track progress, and earn rewards (coach.me)
- **Talkspace:** Provides counseling from licensed therapists (lp.talkspace.com)
- **Stand Up! The Work Break Timer:** Set daily reminders and intervals to stand up and move (raisedsquare.com/standup)

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 (simplehabit.com)
- **Calm: Meditation:** Guided meditation sessions running 3-25 minutes in length (calm.com)
- **Headspace:** Meditation: Subscription-based service for meditation (headspace.com)
- **Aura:** Creates a personalized meditation experience (aurahealth.io)

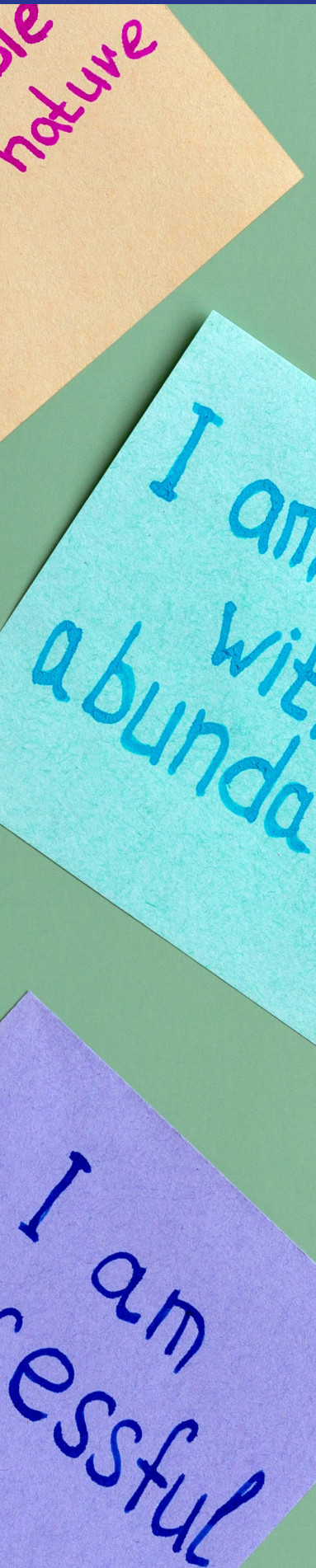
Healthy Eats

Listen to your body! How do you feel when you skip a meal or eat too much? How does your energy level affect your food choices? Create a reserve of Go-to recipes for breakfast, lunch, dinner, and snacks. Bookmark your favorite recipes to make again. Here are a few sites to check out:

- **Eating Well** (eatingwell.com)
- **Food & Nutrition** (foodandnutrition.org)
- **Cooking Light** (cookinglight.com)
- **Real Simple** (realsimple.com)

Foods shown to reduce stress:

- **Probiotics:** fermented foods include yogurt, kefir, buttermilk, sauerkraut, Korean kimchi, miso, tempeh, and pickled vegetables
- **Leafy Greens:** folate-rich vegetables include spinach, edamame, artichokes, okra, turnip greens, avocado, and broccoli
- **Vitamin D-rich foods:** foods include canned salmon with bones, Alaskan pink salmon or sockeye salmon with bones, cheese, egg yolks, and foods that may be fortified with vitamin D (milk, soy milk, and orange juice)



Complete the Resiliency Worksheet

Assess your level of resiliency by answering the following questions. Be sure to reassess regularly as you travel along your pathway to resiliency.

How do you currently respond to stressful situations?

What can you do differently next time?

How will you implement your plan?

Start with a simple affirmation:

Say it out loud daily or leave it close to you so you can read and repeat.

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?

I have not failed. I've just found 10,000 ways that won't work. – Thomas Edison



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