

# CULTIVATING RESILIENCY

*Resources from Duke Integrative Medicine*



## WHAT IS RESILIENCE?

Resilience is defined as the ability to bounce back from stressful situations, but it's really more than that. It's about the ability to bring our best selves forward in any situation and to handle whatever challenges come our way. It's about thriving physically, mentally and emotionally in order to live our best lives.

There are four factors that largely determine our health and resilience over our lifetime: genetics, aging, luck and lifestyle choices. Though we have little control over the former three, we do have the ability to choose how we live our lives. Research consistently shows that our choices in the areas of nutrition, exercise, sleep, substance use, relationships and stress management have maximum impact on our resilience and overall health and well-being.

Stress is an inevitable, and even necessary, part of our lives. The goal is therefore not to eliminate stress, but to build our resilience and optimize our response to it.

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WITH SPINACH, LENTIL &  
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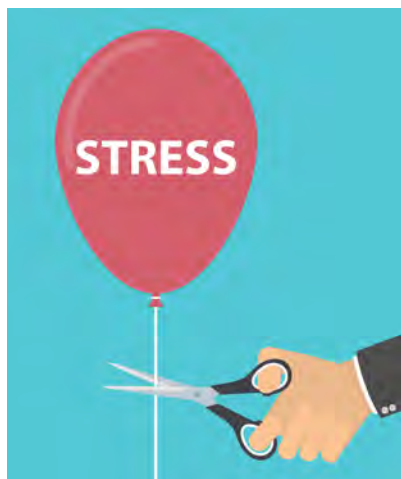
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**GUIDED MINDFULNESS  
EXERCISES**

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# IM WELL

*The Duke Integrative Medicine Programs Blog*



## 5 KEYS TO BUILDING STRESS HARDINESS AND RESILIENCE

**Linda Smith, PA, MS**

1. Get Up and Move
2. Get Enough Sleep
3. Eat a Mood Boosting Diet
4. Develop Tools to Reverse the Stress Response in the Moment
5. Master the Ability to Choose Your Own Thoughts

To learn more and watch an animated 8-minute Spark video on how to build your stress hardiness and resilience, [click here](#).

## 7 TIPS FOR STAYING ACTIVE OVER THE HOLIDAYS

**Jocelyn Weiss, PhD, MPH**

1. Plan Ahead
2. Follow the 10- to 20-Minute Rule
3. Be Creative
4. Make it a Family Activity
5. Take Advantage of the Season
6. Everything in Moderation...
7. Even Moderation



To read more detailed tips on how to stay active over the holidays, [click here](#).



## IS YOUR SMARTPHONE A SLEEP THIEF?

**Elizabeth Bechard, BA, RYT**

Smartphones make our lives easier in many ways, and they've become far more than phones. Our phones play multiple roles in our lives: alarm clock, camera, GPS, social media connector, mobile internet. The fact that we turn to our smartphones for so many purposes may be largely responsible for the increasing amount of screen-time we're logging each day. A 2016 study published in *PLOS One* estimated average screen time use for adults at 38.4 hours over a 30-day window, with younger age being associated with longer screen-time. This same study found that longer average screen-time use during bedtime and sleeping periods were associated with decreased sleep quality and efficiency, and a longer "sleep onset latency" (that's a fancy way of describing how long it takes you to fall asleep).

To read more, [click here](#).

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## SALAD-IN-A-JAR WITH SPINACH, LENTIL & SWEET POTATO BURGERS

**Jocelyn Weiss, PhD, MPH**

Salads are an obvious option to make use of fresh produce. One way to keep them interesting and portable is to create salads-in-a-jar. By layering salad ingredients in the right way, you can prepare them the night before and not have the dreaded sogginess that comes with dressing a salad too early. To eat the salads, you can either dump them into a bowl or (if using a wide-mouthed jar) turn the jar upside down for a few minutes to allow the dressing to filter through and then use a fork to eat straight from the jar. When you eat them straight from the jar, you also have the added benefit of saving time and water from washing additional dishes. It's a win-win.

A guide for layering from the bottom of the jar up:

1. Dressing
2. Hard vegetables, legumes, sturdy grains
3. Soft vegetables
4. Protein
5. Seeds, nuts, fruit and other toppings
6. Greens

### BURGER INGREDIENTS

- 1 cup red lentils, rinsed
- 2 cloves garlic
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp basil, thyme & oregano mix (or Italian seasoning)
- 1/4 tsp cayenne pepper
- 1 large sweet potato, baked, peeled & mashed
- 2 cups baby spinach
- 1/4 cup Panko breadcrumbs (gluten-free, if desired)
- 1 egg (or 1 Tbsp flax & 2.5 Tbsp water allowed to sit for 15 mins)
- Salt and pepper, to taste

### BURGER INSTRUCTIONS

1. Preheat oven to 350F.
2. Place lentils in medium saucepan with 3 cups of water and bring to a boil. Reduce heat to medium-low and simmer until tender, approximately 15-20 minutes. Stir occasionally to prevent sticking. Once finished, you may need to drain some excess water.
3. Once lentils are done but still warm, stir in the baby spinach to allow it to cook/wilt in the saucepan with the lentils.
4. Place lentils and spinach in a bowl. Add mashed sweet potato, garlic, spices, egg (or flax egg), and breadcrumbs. Mix everything together until evenly combined.
5. Form 4-6 patties. Place patties on a parchment paper lined baking sheet and bake for 30 minutes, flipping halfway through.





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## GUIDED MINDFULNESS EXERCISES TO HELP ESTABLISH A PERSONAL PRACTICE

Linda Smith, PA, MS and Jocelyn Weiss, PhD, MPH



**3-Minute Conscious Breathing Practice**



**5-Minute Beginning Mindfulness Practice**



**10-Minute Mindfulness Practice**



**Awareness of Breath**

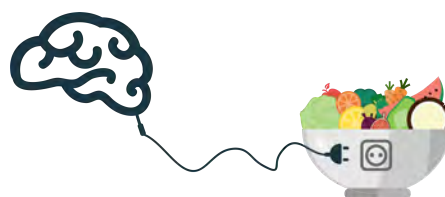


**Awareness of Sound**

**Practicing Compassion and Kindness**



**Progressive Muscle Relaxation**



**Mindful Eating**



**Easing Into Sleep: Guided Imagery**



**Chair Yoga Series, Part 1**



**Chair Yoga Series, Part 2**

**CHECK OUT THE ARCHIVES OF THE IM WELL BLOG FOR ADDITIONAL RESOURCES**