



Make a conscious effort to practice at least one of the following strategies every day to help your brain make new connections which will bring you to a new level of resiliency.

- **Practice positivity.** This doesn't mean you need to be happy all the time – just that you should strive to see the bright side when possible and to know that when hard times come, “this too shall pass.” At the end of each day, name one positive thing that happened that day. Then think about one thing you're looking forward to for the next day. Dwell on your accomplishments – no matter how small. Feeling kind of “meh”? Go stand in front of a mirror and smile at yourself – even faking a smile can activate your “happy hormones”. Look up funny jokes online or ask someone to tell you a funny story. Laughter IS, in fact, excellent medicine.
- **Reframe negative situations into a challenge to overcome.** Nelson Mandela said it best: “I never lose. I either win or learn.” If something bad happened, instead of feeling helpless and regretful, think of the things you can do differently next time, and ways you can prevent the occurrence from happening again.
- **Let it go!** Do you hold grudges? Even one grudge can eat you alive. If you can't work through it with the person, then find a way to forgive them – or at least to let them stop bothering you. Write them a letter of forgiveness – even if you don't share it with the person.
- **Be grateful.** The impact of gratitude is being studied more, and the science shows that practicing gratitude can improve your life, physical health, and emotional wellbeing. Simply notice the little things people do for you throughout the day-and thank them. Write notes or texts to friends, family, and coworkers sharing your gratitude. As you fall asleep each night, think *Three Good Things* that happened to you that day (There is even an App for this!). Start a gratitude journal and write down and paste pictures of the things you are grateful for as they come to you.
- **Reach out.** Developing stronger social connections can help reduce pain, improve memory, slow or stop cognitive decline, and boost physical and mental health. To hone this skill, try: asking for help, calling a friend, writing a thank-you letter to a coworker, and working on being an active listener.
- **Live mindfully.** Notice how you feel throughout the day. Notice your emotions and physical sensations to help calm yourself when stressed. Try mindfulness meditation where you focus on, for example, your breath. As thoughts come to your mind, take notice, and without judgment, bring your mind back to your breath. Doing this for 2 minutes per day can create new brain connections that can help you manage your emotions. Eat mindfully by slowing down and paying attention to each bite and your level of satisfaction throughout the meal.
- **Slow down.** Stop packing your schedule to the max. Let go of things that overwhelm you and that aren't important to you so you can focus more energy on the tasks that bring you joy. Schedule breaks throughout the day to tune in, breath, and honor your own needs.
- **Harness your strengths.** The first step to this is noticing your strengths. Ask the people you work with or your closest friends to share with you what they think your biggest strengths are. Then build on those strengths and strive to incorporate those into your job and daily activities.
- **Build a vision.** Write down your goals – big and small. Take stock of your values and see how your job and lifestyle fit with those values. Acknowledge what you need to change in your life to find a greater meaning, and take steps every day to build a life of purpose.

As you become more resilient, you may notice a stronger sense of commitment, increased self-acceptance, more of a growth versus “stuck” mindset, and an overall feeling of being in more control of life. Take note of these feelings and abilities to keep you motivated to continue your resilience practice. With a little effort you can launch yourself into a much more enjoyable and long life that you absolutely deserve.

For more practice on building reliance, join the new online challenge to **Build Resilience in 21 days** that begins January 10th. After January 4<sup>th</sup>, go to [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com) and login with your credentials to enroll in the challenge. (Email [wellness@tfhd.com](mailto:wellness@tfhd.com) for help accessing the portal).

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