

Did you know they're 5 domains of self-care?



**Physical:** This includes practices that affect your physical wellness like getting enough sleep, eating well and exercising regularly.

**Emotional:** This includes self awareness of your feelings and knowing how to manage them, like reducing stress and saying positive affirmations.

**Mental:** This includes stimulating your intellect and creativity like trying new things that challenge you positively, doing puzzles and crosswords or reading a book for pleasure.

**Spiritual:** This includes following your personal beliefs for a deeper understanding of yourself and others. It also includes our connections with things that are bigger than ourselves.

**Social:** This includes connecting with others who support you or bring you joy.

[Self-care Check-in worksheet](#)

## Resilience Isn't About Being Strong All the Time

*Struggle & Strength Coexist*

Resilience can be difficult to feel sometimes, especially when you're feeling overwhelmed, anxious, drained or stressed.

It is important to remember that resilience is not about being strong all the time. Rather, ***resilience is recognizing that both struggle and strength exist in the present moment.***

Here are a few other ways to think about what it means to be resilient:

- Picking yourself up instead of being hard on yourself
- Recognizing stress and anxiety and moving through it in a meaningful way
- Adapting to change (even in small ways) or creating change (even in small ways)
- Responding to stress with self-care

One way you can build resilience today is to create a resilience statement for yourself. This is a simple statement that acknowledges both struggle and strength, which can help bring in a sense of balanced perspective and help honor yourself as a human being.



To create your statement of resilience, fill in the blanks here:

When I am experiencing/  
feeling      (identify a challenge,  
feeling, or stressor)     , I can      (how  
you can respond with self-care,  
compassion, or strength)     .

[Click here](#) for a template

Here are some examples:

1. When I'm feeling anxious I can take a deep breath.
2. When I'm experiencing grief I can be patient with my feelings.
3. When I'm feeling overwhelmed I can take a moment to pause and speak kindly to myself.

Create your statement. Write it down.

It is powerful to emphasize the importance of acknowledging stress and pain because it can be damaging to ignore it or push it away.

Acknowledging our stress and our pain is a step towards resilience and growth individually and as a collective. To do this, we can practice the art of listening.

One of the most valuable things we can do right now is listen. Listen to the call from your heart, listen to what your feelings are trying to tell you, listen to your body and to the whispers within. Listen to others. Try listening to others knowing that you do not need to immediately figure out the exact right thing to do or say. Listen to learn. As we learn from ourselves and from each other we can move forward one day at a time.

Listening is an act of compassion, and compassion can build resilience.

### Self-Reflection

How well do I listen to others? How well do I listen to myself?

Ami Kunimura, June 10, 2020



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