

Bounce Back

Grow Your Resilience Challenge

SELF-CARE

Engage in self-care practices to keep yourself strong.

- Eat whole foods and limit processed foods
- Limit alcohol—it acts as a depressant
- Exercise regularly to keep your body and mind strong
- Get enough sleep, 7-9 hours at night, naps can help
- Find ways to manage stress: meditate, write in a journal, experience the healing benefits of nature, enjoy a warm bath
- Seek professional help when needed



SKILL BUILDING

Build resilience skills so you can bounce back when you have a setback.

- Fully experience your positive and negative emotions
- Develop “realistic optimism” and recognize that “this” won’t last forever
- Avoid using words such as: always, never, everybody, nobody
- Seek options, be flexible, and keep an open mind
- Grow your grit and courage
- Seek out opportunities for growth and learning



RELATIONSHIPS

Cultivate positive relationships in multiple areas of your life.

- Be your own best friend and treat yourself with self-compassion
- Forgive others to heal yourself
- Maintain relationships with supportive friends and family
- Let go of people who aren’t helpful
- Seek professional help during a crisis



POSITIVE MINDSET

Develop a positive mindset and refrain from negative beliefs and attitudes.

- Train your brain to focus on positive thoughts, feelings, and actions
- Change the story—identify 3 positive things about the situation
- Allow for a shift in your perspective and change course if necessary
- Look at mistakes as a learning opportunity
- Whatever the circumstance, focus on where to go from “here”
- Counter feelings of: Regret, Jealousy, Constant Criticism, Social Comparison and Perfectionism, Never Enough-ness, and Fear of Failure

Grow Your Resilience Challenge



My Pledge

I pledge to try different strategies to increase my ability to approach painful life experiences skillfully. I will focus on building resilience skills and work to maintain a positive mindset. I will cultivate positive relationships in my life including treating myself with self-compassion. I will engage in self-care practices to stay strong because these practices will help me bounce back from life's setbacks so I can Live Well.



How the Challenge Works:

Jot down some ideas and strategies that you are willing to try in order grow your resilience in each of the four areas so you can Bounce Back and Live Well.



Skill Building



Positive Mindset



Relationships



Self-Care

| | | | |
|----------|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ | 3. _____ |
| 4. _____ | 4. _____ | 4. _____ | 4. _____ |
| 5. _____ | 5. _____ | 5. _____ | 5. _____ |

Record your Bounce Back activities:

Use a **check mark in the color-coded boxes** to record the days that you tried a different method, technique or activity related to Skill Building, Positive Mindset, Relationships, and Self-Care to increase your resilience so you can Bounce Back from setbacks.

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| WEEK 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 3 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 4 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |