

# Building Resilience + Self-Care Practices >

**Below is a list of effective self-care practices. This is not an exhaustive list. Think about what improves your wellbeing the most. Take some time to reflect and make a list of the top five things on page 2.**

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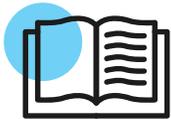


**Practice gratitude.** Start your day by writing down three things that you are thankful for. [Gratitude is linked to increased happiness,\\*](#) contentment, and hope and can also make us more willing to help others.

**Walk briskly for 10 minutes (or more) a day.** Get out in nature. There is strong evidence that vigorous physical exercise is beneficial in regulating mood. Help banish negative emotions and stress in combination with your workout.



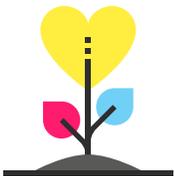
**Improve your sleep hygiene.** Go to bed at the same time each night and wake at the same time each morning to help your body develop a routine. Develop an evening routine that encourages your body to relax and prepare for sleep. Reserve your bedroom for sleeping and intimacy and refrain from using the room for other activities, such as doing work.



**Discover your “positive significant distraction.”** With hobbies (like reading, sewing, drawing, volunteering, gardening) we have control of the involvement and outcome. The domain is manageable and the task is fun, interesting, and absorbing. They feed our need for completion, progress and success and help take the focus away from professional and personal demands.

**Take five deep breaths counting to five on each inhale and to five on each exhale.**

Practice these methods to reduce your own physical body response of over arousal and stress.

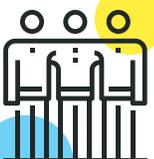


**Digital detox:** Select a five-minute period in each day and turn off all forms of communication and digital connection for 5 minutes (email, cell phone, notifications, TV, tablet, radio). Getting away permits us to come back with vitality.



**Start eating breakfast or add protein to your breakfast** (egg, peanut butter, nuts/seeds, plain greek yogurt). Breakfast is the fuel that gets the body and mind going. Eating breakfast can help prevent over eating later in the day and helps maintain alertness and focus in the morning. Aim to eat 3 meals a day with snacks in between if meals are more than 4-5 hours apart. Increase the benefits even more by [practicing mindful eating.\\*\\*](#)

**Trade your sugary drinks for flavoured or fizzy water.** Sugary beverages such as cola and energy drinks have a negative impact on your health and can increase your risk for chronic disease. Use water as your drink of choice to keep hydrated, which can help reduce fatigue and aid digestion.



**Connect with others.** If you can't talk in person, video calling is a great option. Spend time connecting with those you love and give them your full attention.

\* <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

\*\* <https://www.headspace.com/mindfulness/mindful-eating>

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## SELF-CARE SAFETY NET

Planning ahead may not allow us to avoid a challenging or overwhelming situation, but anticipating such scenarios can make the process easier to get through. Fill in the form below to create your own self-care safety net.

**Identify strategies you find helpful in managing the impact of stressors:**

**My personal self-care strategies**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**Identify and list people that you could reach out to when faced with a challenging or overwhelming situation:** (who is the best fit to give advice, provide perspective, give you a hug, empower, make you laugh etc.)



Name:	Could help with: (personal and/or professional)	Contact info:

