

Building Your Resilience: A Getting Started Plan

Resilience requires practicing new behaviors. To get started:

1. Practice meditation by listening to the Body Scan daily for 8 weeks
2. Use the STOP tactic 3 – 5 times a day
3. Keep a “What Went Well” journal
4. Leverage your Signature Strengths
 - Take the VIA Survey of Character Strengths inventory (free)
 - www.AuthenticHappiness.org
 - Use one of your top five strengths in a new way 3 days a week
5. Practice accepting The Five Things You Cannot Change
6. Practice Disputing Catastrophic Thinking
7. Build your positive social network