



MINDFUL MONDAY

"IF YOU HEAR A VOICE WITHIN YOU SAY 'YOU CANNOT PAINT,' THEN BY ALL MEANS PAINT AND THAT VOICE WILL BE SILENCED."
VINCENT VAN GOGH

FIVE DAYS OF CALM

MONDAY

GIVE YOURSELF SPACE TO FEEL, TIME TO BREATHE, AND BECOME YOUR OWN SOURCE OF SOOTHING COMFORT

TUESDAY

DURING A CHALLENGING MOMENT, CLOSE YOUR EYES, TAKE A BREATH, AND FIND SOME JOY WITHIN

WEDNESDAY

LET THOUGHTS PASS LIKE CLOUDS FLOATING BY IN THE BIG BLUE SKY

THURSDAY

WRITE DOWN THREE QUALITIES THAT YOU ADMIRE ABOUT YOURSELF

FRIDAY

INSTEAD OF TRYING TO FORCE THINGS YOU CAN'T CHANGE, FOCUS ON WHAT YOU CAN SHIFT AND INFLUENCE

What is Resilience?

Life may not come with a map, but everyone will experience twists and turns, from everyday challenges to traumatic events with more lasting impact, like the death of a loved one, a life-altering accident, or a serious illness. Each change affects people differently, bringing a unique flood of thoughts, strong emotions and uncertainty. Yet people generally adapt well over time to life-changing situations and stressful situations—in part thanks to resilience.

Like building a muscle, increasing your resilience takes time and intentionality. Focusing on four core components—connection, wellness, healthy thinking, and meaning—can empower you to withstand and learn from difficult and traumatic experiences. To increase your capacity for resilience to weather—and grow from—the difficulties, use these strategies.

Build Your Connections: Connecting with empathetic and understanding people can remind you that you're not alone in the midst of difficulties.

Make It Happen Today.....

[Sunday Scaries- Self-Care](#)

[Sunday Scaries- Well-being](#)

[Empower Yourself](#)

[Suicide Prevention Lifeline](#)

1-800-273-8255

[SafeUT Crisis Chat & Tip Line](#)

Foster Wellness: Self-care is a legitimate practice for mental health and building resilience. Practice mindfulness.

Find Purpose: Help others; you can gain a sense of purpose and foster self-worth. Be proactive. Move towards your goals.

Embrace Healthy Thoughts: Keep things in perspective; how you think can play a significant part in how you feel and how resilient you are. Accept change. Maintain a hopeful outlook. Learn from your past.

Seek Help: Getting help when you need is crucial in building your resilience. Remember you're not alone on the journey.