

STRESS RESILIENCY TOOL BOX

Be aware of you limits. High achievers and helpers have the highest rates of burnout and compulsive behaviors.

Allow time for self-care. When distressed, basic self-care (regular sleep patterns, nutrition, exercise, enjoyable outlets) is the first to be abandoned. However, it is these four lifestyle practices that will productively and most effectively work through distress.

Lend support and receive support. Being a rock or an island will only intensify distress.

Active in activities/hobbies that you enjoy. These are the things that will replenish our internal energy sources so that we can be more productive in other life domains.

Navigate your energy as you identify what is and what is not within your control.

Carve time to refuel. Dedicating time daily for things that you enjoy is essential. Otherwise, we may find time to medicate.

Evaluate expectations regularly. “I can do it” may not be a healthy measuring stick. Try out “I choose to do it” and see where your energy level is.