

CREATE YOUR RESILIENCE PLAN

HOPE within the *Storm*

Morning Plan

Mid-Morning Plan

Noon Plan

Mid-Afternoon Plan Being in Nature

Evening Plan

Bedtime Routine

Weekend or Monthly Plan

(Activities that aren't possible every day or even week)

"I am a soul of love. A heart of peace.
A mind of stillness. A being of Light."
Anonymous

PRIORITIZE:

Sleep or Naps (when lacking sleep)
Healthy Balanced Meals & Snacks

Diaphragmatic Breathing: many techniques
Being Still & Quiet: 3 Bs
Relaxation & Visualization Techniques
Relaxing Music
Being Grateful
Mindset Shift: Growth, Gifts & Meaning

Expressing Gratitude to Self & Others
Expressing Compassion to Self & Others
Character Strength Spotting
Connecting with Others: Tea, Walks, Gardening...
Helping Others Using Your Talents & Passions
Sacred Small Inner Circle of Friends

Nature Sounds: In Nature, Apps
Grounding: Barefoot (sand, grass, water, plants, trees)

Physical Activity: Every Minute Counts!
Cardio & Resistance Training
Mindful Movement: Qigong, Walks, Balance, Stretch
Self-Myofascial Release Techniques

- The Miracle Ball Method
- The Melt Method
- Foam or Lacrosse Ball Rolling

Growing Spiritually
Spiritual Practices that Resonate with You
Your Calling/Purpose in Life

"Flow" Activities – knit, garden, draw, carving...
Activities that bring Joy & Fun
Music – Joyful, Inspirational

Being Fully Present in Each Moment
Aligning Your Life with Your Values
What Matters Most to You