

## 30 SECOND RESILIENCE

### Breathe

- ❑ 5 complete breathes, inhale deeply, extending belly then exhale
- ❑ Shut your eyes, feel your breath in/out
- ❑ Sense where the stress is in your body

### Get up

- ❑ Stand up and touch your toes
- ❑ Raise shoulders to your ears & release 5x
- ❑ Stretch/sun salutation
- ❑ Wiggle/shake
- ❑ Neck roll

### Reset Your Brain

- ❑ 20-20-20 (20 min screen time, turn away from screen and focus 20 ft away for 20 secs)
- ❑ Smell a lemon/orange (it really works!)
- ❑ Drink a big glass of water
- ❑ Yawn (seriously!)
- ❑ Shake your right hand, then shake left
- ❑ Give/Get a hug (or THINK about your favorite person giving you one)
- ❑ Make a monster face
- ❑ Smile/laugh

## 5 MINUTE RESILIENCE

### Get Creative

- ❑ Color
- ❑ Listen to music
- ❑ Daydream
- ❑ Go tell your best joke to a workmate (Laughing is great!)

### Take a Break

- ❑ 2-3 minute guided meditation
- ❑ Take a lap around the office
- ❑ Go to the bathroom
- ❑ Go get a snack or coffee

### Team Counts

- ❑ Check-in with a workmate
- ❑ Share your best recipe
- ❑ Celebrate accomplishments of team
- ❑ Share a snack with a workmate

## DAILY RESILIENCE

- ❑ Cultivate supportive relationships
- ❑ Engage in physical exercise daily
- ❑ Practice good sleep hygiene: 7+ hours nightly, reduce electronics use prior

- ❑ Drink plenty of water
- ❑ Participate in hobbies and interests
- ❑ Unplug from electronics
- ❑ Have fun and laugh