

# 3 PRACTICES TO SUPPORT RESILIENCY

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We all know that resiliency is a good thing--it gives us the ability to push through tough circumstances--but what can we do to be a resilient person? Resiliency is not an innate trait that you either have or don't have, but rather a skill that can be practiced and supported through habits and experiences. Try these to start building your own resiliency:



**Build in healthy habits:** Resilient people enjoy coming back to consistent routines. Starting the day with yoga or a run, protecting time in your day for spiritual reflection or prayer, or keeping a journal are examples of routines that support resiliency.



**Know how to relax:** Resilient people are able to calm down when overwhelmed. Practicing deep breathing and visualization techniques or knowing how to step away and take a break when needed can help teach your body to remain calm when things get hard.



**Embrace the emotions:** Resilient people don't avoid their negative emotions. Talking through feelings--like with a therapist or close friend, validating each of the emotions that we feel, and working through them in healthy ways build resilience.

## --AN IMPORTANT NOTE--

Resiliency practices are most impactful when they're begun early--like in childhood! If there are children in your life, you can help them practice these things to build their resilience as well. That's a gift that they'll carry with them for the rest of their lives.



"Resilience is not all or nothing. It comes in amounts. You can be a little resilient, a lot resilient; resilient in some situations but not others. And no matter how resilient you are today, you can become more resilient tomorrow."

Karen Reivich