Instructions: Pick seven of these exercises that resonate with you. Something that makes sense or that you have been curious about in your own life and try them out. Or…just try them all out!

1. **Make a list of your Internal & External Resources**

Remember these are the things that give you strength, that support you, that make you more resilient. When you get done, consider choosing the Balance Wheel Exercise to see how satisfied you are with your resources and if you are tending to them like you should.

1. **Watch Kelly McGonigal’s TED Talk on Stress**

[Click Here!](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en)

1. **Guided meditation**

We have all heard that meditation is good for us. Just give it a try. Here are some quick and free guided meditations. [Click Here!](https://pausefirst.com/free-resources/)

1. **Send an email/note/card to someone who needs it.**

Think about a friend, co-worker, family member that you could reach out to and brighten their day. It might be an old friend that you have not spoken to for a bit. Take time to send an email or Direct Message to them. Bonus points if you send them an actual card!

1. **Balance Wheel exercise**

[Click Here!](https://www.mindtools.com/pages/article/newHTE_93.htm)

1. **Download a water app**

We all know that drinking water is great for us but sometimes we just forget. Go to you App Store on your phone and search for “Water Tracker”. There are a lot of free apps that you can customize with the amount of water you want to drink and how often you want to be reminded.

1. **Journal**

Set a timer for ten minutes. Write out in long hand what it means for you to “Live a Great Story.”

1. **Gratitude**

Put a pad of post-it notes and a pen on your bathroom counter. For one week, every time you finish brushing your teeth, write I am grateful for\_\_\_\_\_\_ on an individual sticky note and leave them up all week. Every time you see the notes, feel how fortunate you are and be thankful for each note of gratitude.

1. **Movement/exercise**

For a week, every morning within an hour of getting up, set a time for five minutes and just stretch.

1. **Rewire Your Brain**

Article: [Click Here!](https://blog.learnfasthq.com/what-is-neuroplasticity-and-how-does-it-impact-education-infographic#:~:text=It%20is%20the%20understanding%20that,his%20contribution%20to%20this%20understanding.)

Video: Dr. Rick Hanson – Hardwiring Happiness – [Click Here!](https://www.youtube.com/watch?v=jpuDyGgIeh0&t=24s)

1. **Develop a personal mission statement**

Here are two websites that walk you through developing a personal mission statement. POWERFUL!

Click [Here](https://msb.franklincovey.com/) and/or [Here](https://www.daveramsey.com/blog/mission-statement-101)!

1. **What brings you joy?** Make a list. Then spend the day finding opportunities for joy!
2. **Develop a trauma recovery plan**

Set a timer for 30 minutes and write out what you are going to do after going through a traumatic event. Who will you reach out to? What will you do? Where will you go? (Reminder: You can use this even if you are just having a hard day!)

1. **Breathing**

For one day, set a timer for every four hours. Practice your breathing (3 or 4 counts in and 5 to 6 counts out). Remember to extend the exhale for longer than the inhale to engage the parasympathetic nervous system.

**BONUS:** Connect with me on [Instagram](https://www.instagram.com/brenda_dietzman/), [Linked In](https://www.linkedin.com/in/brenda-dietzman-78547a6/), Clubhouse and [Facebook](https://www.facebook.com/brendadietzman).

**When you are done, I would love to hear from you. What resonated? What worked? What didn’t work?**