

MY PERSONAL RESILIENCE PLAN

Name:

Date:

When I'm upset, anxious or angry, and I need to calm down, I'll try one or more of these...

GROUNDING ACTIVITIES – try to focus on the here and now, do these things slowly and intentionally.

- Take 5** Identify 5 things that you can see; 4 things that you can touch; 3 things that you can hear; 2 things that you can smell; 1 thing that you can taste.
- Get Out** Go outside, breathe deeply and slowly, look up into the sky, listen to the sounds in nature, smell the trees, plants and flowers.
- Touch Down** Take off your shoes, stretch and roll your ankles, press your feet firmly onto the floor, focus on your connection to the ground.
- Ride the Breath** Breathe in to a count of 4; hold your breath to a count of 7, release your breath, slowly as if blowing out through a straw, to a count of 8. Repeat 3-5 times to decrease anxiety or panic.
- Handiwork** Rhythmic, repetitive actions are very regulating. Color, knit, crochet, paint, or whatever you like to do or would like to try.
- Other:**

In order to strengthen my mind and my resilience, I will work on developing one or more of these...

MINDFULNESS PRACTICES – try to devote 5-15 minutes a day to practicing.

Meditation

- Guided meditation – try an app like Insight Timer, Calm, Ten Percent Happier or Headspace. Many have decent free programs to help you get started or target a specific issue.
- Body Scans – increase your connection and sensitivity to your own body by simply noticing each area and part, top to bottom or bottom to top.
- Loving Kindness – May you be safe, may you be happy, may you be strong, may you feel like you belong. First to yourself, then to someone you like, then to someone you may struggle with, then to everyone.
- Other:

Writing

- Journal or Diary – daily reflections about your experience
- Letters or emails – stay in touch with personal thoughts, small stories, and supportive messages.
- Gratitude Journal – end each day by listing the things that you are grateful for.
- Savoring – reflect upon or share with someone else, something that made you happy, curious, awestruck.
- Intentions – begin each day with a series of positive intentions about your day. State them in the present tense, for example: I intend that I am healthy. I intend that I connect positively with my students today.
- Other:

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In order to increase my social resilience I will increase or diversify my connections by...

SOCIAL SUPPORT NETWORKING – be open to new connections and ready to support others.

- Identify the kind of support that you need: safety, emotional, informational, instrumental.
- Identify the kind of support that you have to offer: safety, emotional, informational, instrumental.
- Reach out and connect with someone.
- Disconnect from someone that is not safe or respectful.
- Join a group that shares common interests with you.
- Other:

In order to increase my resiliency and long term health, I will commit to the following self-care strategies...

SELF-CARE, SELF COMPASSION – address the biology of toxic stress.

Sleep – I commit to...

- at least 7 hours of sleep per night
- going to bed 15 minutes earlier
- no screens for at least an hour before sleeping

Exercise – I commit to...

- Daily yoga and/or stretching
- Daily workouts and/or running
- Daily walks outdoors

Nutrition – I commit to...

- Fruits and veggies at every meal
- Meatless meals once a week
- Healthy snacks

In an effort to cultivate healthy habits, increase my resilience and inoculate myself against future trauma responses, I am willing to schedule the following:

Morning Routines – I commit to...

Afternoon Routines – I commit to...

Evening Routines – I commit to...

Signature:

Date: