

BUILD RESILIENCY & REDUCE OVERWHELM

Here are some quick tools we've pulled together to help build resilience and reduce overwhelm. Each one takes less than a few minutes. Attempt to incorporate one that resonates with you into your day.

- **Take a deep breath.**
- **Box breathing:** breathe in for the count of 5, hold for the count of 4, breathe out for the count of 5, hold for the count of 4, repeat for one minute.
- **Mini Meditation:** One hand on your heart, one hand on your belly, focus on your breath - breathe in for 3 out for 6, repeat for one minute.
- **Three Deep Breaths** - in through the nose, out through the mouth. Instant stress relief.
- **5, 4, 3, 2, 1** Name out loud 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.
- **Physical transitions:** use physical transitions like opening a door or a drawer as a trigger to take a deep breathe and exhale/relax your physical self. Pick one common action and use it as a transition mindfulness tool.
- **Habit Pairing:** Every time you do something you already do regularly, eat, drink a glass of water, stand up - whatever it may be and a mindful restorative breath.
- **Positive thought:** if you notice you are having a negative thought, try to think of two positive thoughts.
- **Smell Something Strong (but pleasant):** Deeply inhale the smell of something strong like coffee beans, cloves, flowers.
- **Change the sound:** Change your ring tones, alerts to sounds that make you happy.
- **Notice:** What am I thinking right now? Is it serving me? What is in my control?
- **Reflect:** What new thing did I try today? How did it go? What worked well, what didn't? What's the most useful thing I learned today?
- **RULER:** Recognize emotion. Notice you are experiencing it. Understand cause & consequences (what happened to make me feel this way? What will be the consequences of feeling this way? Label it, (Name it to tame it! - I am feeling Anxiety) Express it (Let it out - say it, make a noise), Regulate it. (Take action: Journal, exercise, meditation, breathing)
- **Mindfulness** - try out a 5 minute meditation some apps to try are Insight Timer, Calm, Headspace.
- **Journal:** Use a journal to write down 3 things you were grateful for, and 3 things you are looking forward to.
- **Change the Sound:** Blare your favourite song, put on your favourite playlist, or turn off the music, be intentional in what you hear.
- **Change the smell:** Light a candle you like, heat up some vanilla and water.
- **Go outside:** if you can - go outside (while social distancing).