

10 simple tools to help build your resilience



Choose 3-4 from the list each day and check them off as you go.
Investing 10 minutes a day is **less than 1% of your day**.

mindfulness

Choose at least one of the below:

- 1) Do three physiological sighs
- 2) Meditate for 5 minutes
- 3) Drink a glass of water as mindfully as you can

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

gratitude

Choose at least one of the below:

- 1) Acknowledge 3 things you are grateful for (and why)
- 2) Tell a colleague/friend that you appreciate them
- 3) Spend 60 seconds appreciating something mundane

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

do hard things

Choose at least one of the below:

- 1) Take a cold shower
- 2) Go without coffee (or your favourite drink)
- 3) Pick one thing you don't want to do. And do it anyway!
- 4) Spend 30 seconds thinking about someone you don't like, and put yourself in their shoes.

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

How many boxes did you tick?

The aim is to tick off **at least** 3 boxes each day for one week. The more boxes you complete, the better chance you will have of feeling great! The minimum to aim for is 21. The maximum is 70!

_ _ / 70	
----------	--