

BUILD YOUR RESILIENCE

What truly serves our well-being?

NURTURE *not* NUMB



Do:
sleep · read · eat healthy foods · exercise · art

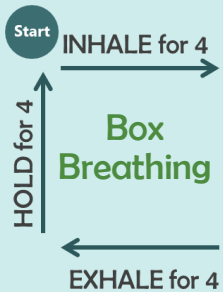
Limit:
TV · gossip · binge eating/drinking · social media/screen time

What is numbing our emotions?

PRACTICE GRATITUDE

↑ Increase the 'feel good' chemicals in your brain like serotonin and dopamine by:

- ✓ Regularly writing down things that you are grateful for
- ✓ Expressing gratitude to others
- ✓ Reflecting on something that went well



Use breathing techniques to calm your limbic system

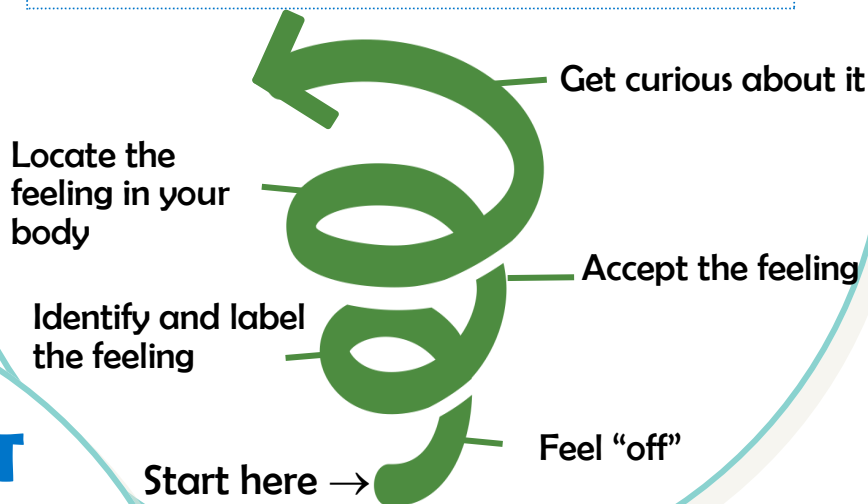
BE MINDFUL

5 Senses Grounding:

- * 5 things you can see
- * 4 things you can feel
- * 3 things you can hear
- * 2 things you can smell
- * 1 thing you can taste

FEEL YOUR FEELINGS

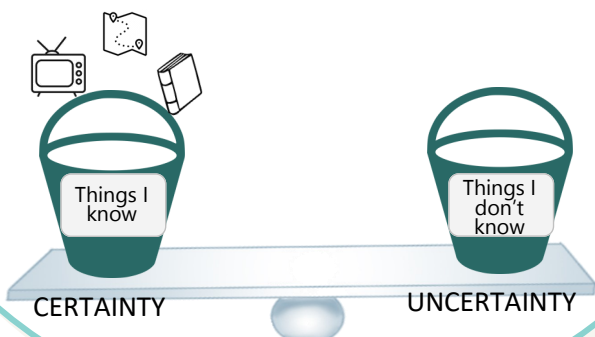
Unacknowledged feelings can fester; acknowledged feelings can be processed in as little as 60 seconds



FILL YOUR CERTAINTY BUCKET

Think of a scale you are trying to balance. When your uncertainty bucket feels too full, focus on adding to your certainty bucket.

- * Read an old favourite book
- * Plan your meals in advance
- * Walk a familiar path
- * Re-watch a movie



ASK FOR HELP

- Talk to someone you trust about how you are doing
- Reach out to our Employee and Family Assistance Program, Homewood, for:
 - Counselling
 - Lifesmart coaching
 - Online Services - Homeweb



Homeweb

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homeweb.ca