

Tools for Developing Resiliency

1. Good Health Habits
 - *Understanding your own stress responses & symptoms*
 - *Diet*
 - *Sleep / Rest*
 - *Alcohol / Caffeine / Nicotine*
 - *Relaxation / Meditation*
2. Leisure Activities / Hobbies
3. Humour and Play
4. Support Network – *nurture relationships*
5. Time-Out – *short-term and long term*
6. Self Talk – *challenge your expectations and perceptions*
7. Time Management
8. Be Assertive – *stand up for yourself*
9. Develop Perspective
10. Be Flexible
11. Make change in small, manageable steps
12. A Balanced Lifestyle
13. Concentrate on Your Own Strengths
14. Own Your Own Stress – *take responsibility for your life*
15. Develop a repertoire of stress management techniques
16. Other

Be Good To Yourself!

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