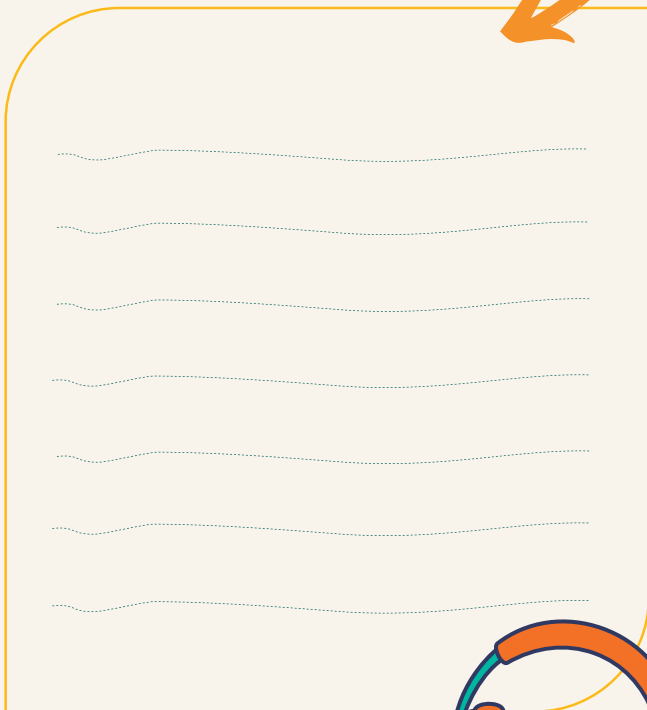


MY RESILIENCY PLAN

SOMETIMES, THINGS GET STRESSFUL— ESPECIALLY WHEN WE'RE TALKING ABOUT HARD TOPICS. LET'S BUILD A PLAN OF SOME THINGS YOU DO AND SOME PEOPLE YOU CAN CONNECT WITH IF THINGS GET TO BE A LITTLE BIT TOO MUCH.

USE THIS SPACE TO WRITE DOWN YOUR RESILIENCY PLAYLIST. WHAT SONGS BRING YOU JOY, TAKE YOU TO A GOOD MEMORY, MAKE YOU WANT TO DANCE, OR HELP YOU BREATHE? THEN, GO LISTEN.



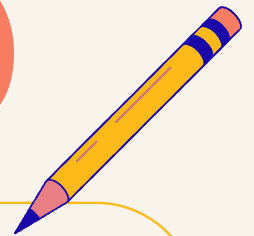
Handwriting practice area with a dashed line for writing.



NEED SOME GROUNDING MUSIC? HERE'S A LINK TO THE D&B OFFICE'S GROUNDING PLAYLIST.

*NOTE: THIS IS NOT THERAPY. PLEASE VISIT THE LADD CENTER FOR CLINICAL & THERAPEUTIC RESOURCES.

MY RESILIENCY NETWORK



GREAT LISTENER(S):

INSPIRING PERSON(S)/VISIONARY(IES):

SUPER PRACTICAL PERSON(S):

SOMEONE WHO CAN MAKE YOU LAUGH:

SOMEONE WHO MAKES YOU FEEL BEAUTIFUL:

A MENTOR WHO'S BEEN THROUGH IT ALL:

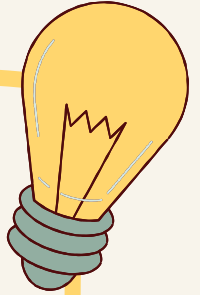
CREDIT: MARK WALSH

GENTLE REMINDERS

HEY. DID YOU KNOW SELF-CARE IS NOT SELFISH? TELLING SOMEONE KINDLY THAT YOU NEED SOME SPACE TO BREATHE ISN'T RUDE. PRACTICING YOGA OR DEEP BREATHING ISN'T WEIRD. CLOSING YOUR EYES AND LISTENING TO A SONG THAT BRINGS YOU JOY ISN'T CORNY.

TAKING CARE OF YOURSELF ISN'T BAD, IN FACT, IT'S REALLY IMPORTANT THAT YOU PRIORITIZE THAT. YOU'RE MUCH BETTER TO OTHERS WHEN YOU'RE GOOD TO YOURSELF.

READ BELOW FOR SOME GENTLE REMINDERS ABOUT HOW TO DO THAT.



*PRACTICE
SELF-AWARENESS
AND/OR
MINDFULNESS.*

*TALK TO
YOUR
RESILIENCY
NETWORK.*

*MONITOR &
SCHEDULE
YOUR SLEEP
PATTERNS.*

*TAKE
BREAKS.*

*DON'T COMPARE
YOUR
EXPERIENCES TO
OTHERS WHO YOU
FEEL HAVE IT
WORSE.*

*BEGIN A
MEDITATION
& DEEP
BREATHING
PRACTICE.*

*TAKE ADVANTAGE
OF THE
COUNSELING
CENTER AND
PEER EDUCATORS.*

JOURNAL.

*PRACTICE
HEALTHY
SELF-CARE
ACTIVITIES.*



FOR CAPACITAR EXERCISES YOU CAN PUT TO USE IMMEDIATELY IF YOU ARE STRESSED OR OVERWHELMED, VISIT THIS LINK.

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