

Build Your Resilience

At Work and Beyond



Practice Mindfulness

- Try the 5/5/5 Mindfulness Exercise
 - *Take five minutes*
 - *Notice five things about each of your five senses*
- Make space between meetings
 - *Schedule 45- or 50-minute meetings to give time for reflection, comprehension and a quick break*
- Do ONE thing at a time
- Savour EACH and EVERY moment
- Try a mindfulness app like Headspace, Calm or Breathe

Reframe Your Thoughts

- Remember that you have the power to choose your reaction to stimulus
- Remember you have the power to choose a positive thought over a negative one

Manage External Demands

- Prioritize (include self care as a TOP priority)
- Negotiate and/or compromise on deadlines and expectations
- Develop a not-to-do list



Exercise

- Try walking meetings
- Park your car far away
- Get in a minute of movement every hour
 - *Climb a flight of stairs*
 - *Walk*
 - *Get water*
 - *Use the washroom*
 - *Say hi to a colleague*



Eat Well

- Fill half your plate with veggies and fruit
- Drink lots of water
- Pack healthy snacks like veggies, fruits and nuts



Sleep

- Prioritize 7–9 hours per night
- Practice good sleep hygiene
 - *Keep your room cool and dark*
 - *Use a yellow light*
 - *Keep technology out of your space*
- Nap if possible – keep it under 30 mins



Build Your Support System

- Identify friends, family and other supports you can talk to when you are feeling stressed or depressed

A photograph of a person in a dark jacket and light-colored pants climbing a large, reddish-brown rock formation. The person is seen from behind, reaching up. A metal chain is attached to the rock and runs down the right side. The background shows a blue sky with white clouds and a bright sun flare.

**WELLNESS
WORKS**
CANADA

**Building a healthier Canadian
population and economy.
One organization at a time.**

WellnessWorksCanada.ca