

TOP 10 Resilience Practices

Resilience is not only the ability to bounce back from hard times. It's a critical skill that helps us cope with challenges more courageously, more thoughtfully, and gain wisdom along the way. When we're resilient, we can be and do our best.

In 2019 and 2020, I asked over 500 people: "What favorite practices help you be resilient?" I received a thousand ideas. This list includes the top themes that emerged from my research, and some specific resilience-building activities.

What's the big takeaway from my study? To be super-resilient, make sure you have a collection of habits that involve using all of your senses and caring for yourself in a holistic, integrated way: body, mind, heart, spirit.

- Which of these things are you already doing?
- Which ones would you like to try on?
- Is there anything you find valuable that isn't on the list?

1. LOOK AFTER YOURSELF

Stay true to your top values. Tap into things that elicit joy and calm. Meditate. Get enough sleep. Have a massage. Write in a journal regularly. Take a long bath. Have a daily gratitude practice. Be compassionate with yourself. Eat healthfully.

2. MOVE YOUR BODY

Walk. Hike. Dance. Do yoga. Bike. Swim. Play a team sport. Do something every day to get your blood flowing and air in your lungs. Bonus if you do it outdoors.

3. CONNECT, WITH LOVE

Be with family. Play with children. Share a good hug. Laugh out loud. Ask for help from a trusted friend and offer help back. Pray to whatever you believe in. Volunteer for a cause you care about. Send a note; say thank you. Celebrate. Feel.

4. GET INTO NATURE

Go to the beach or mountains. Stare at the night sky and stars. Feel a sense of awe in whatever nature setting you can experience. Bird watch. Plant a garden. Enjoy the trees and wildlife in your yard or green space nearby. Take a boat ride.

5. CREATE SOMETHING

Get a hobby and engage your right brain. Paint or sketch. Do woodworking. Take photographs. Complete a puzzle. Visit an art museum. Knit or crochet. Collect things you love. Discover your family's genealogy.

6. MAKE MUSIC

Lift your spirits with upbeat energizing tunes. Calm yourself with something soothing. Sing with others or by yourself. Play, or learn to play, a musical instrument. Go to a concert.

7. STRETCH AND GROW

Collaborate with people you enjoy. Read to learn as well as to relax. Listen to uplifting podcasts. See a counselor or coach. Get perspective and look at things from other vantage points. Take a class. Daydream. Have an adventure. Be flexible.

8. PLAY WITH PETS

Take your dog for a walk. Snuggle with your four-legged friend. Play games with your cat. If you don't have a pet, explore taking care of a shelter dog for a day.

9. SAVOR AND ENJOY

Cook a meal you love. Enjoy a glass of wine or favorite non-alcoholic drink. Sit by a warm fire. Arrange fresh flowers and enjoy their scent. Light candles. Make your home a comfortable and cozy place to be.

10. UNPLUG FROM IT ALL

Remember to pause and breathe. Set healthy boundaries. Dedicate time to be technology-free every day and every week. Declutter and organize. Create spaciousness in your schedule and your home / office.