

Becoming a Resilient Scientist

SERIES

Workbook I:

An Introduction to Resilience & Wellness

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**This workbook is intended to accompany Becoming A Resilient Scientist
Unit 1: An Introduction to Resilience & Wellness**

It is most effective when it is used after attending/watching the workshop lecture. The exercises in this workbook are designed to help you process and solidify what you've learned in the lecture and to provide you with additional resources. Although it is encouraged that you complete the exercises, it is not required.



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Part 1

RESILIENCE

RESILIENCE

WHAT IS RESILIENCE?¹

The ability to:

- Adapt and grow through **adversity**
- Navigate **difficult challenges** with awareness, attention, and skill
- Find a **constructive way forward** through challenging times

It is a set of **attitudes and behaviors** that can be **learned and developed** through education, self-reflection, and practice.



RESILIENCE = PEOPLE + PROCESS + PREPARATION²

TO BE RESILIENT, WE HAVE TO

- Learn from **previous experiences**, both good & bad
- Build **strong positive relationships** with peers & mentors
- Be **proactive & use resources** to thrive
- Develop our **growth** mindset
- Be mindful about how we approach **setback** & engage with our **distorted self-talk** (our **inner critic** vs. our **inner champion**)
- Develop our **emotional literacy** & understand how strongly emotions can **drive behavior & impact our responses** (in helpful or unhelpful ways)
- Do things that bring **meaning & happiness** to our days, weeks, months

¹ <http://www.apa.org/helpcenter/road-resilience.aspx>

² <http://www.psychologytoday.com/blog/design-your-path/201305/10-traits-emotionally-resilient-people>

RESILIENCE

JOURNALING EXERCISE I REFLECTING ON YOUR RESILIENCE EXPERIENCE

Think about a time when you were resilient in the past: When you faced a **difficult challenge**, worked to get through it, and **came out stronger** from the experience. What **behaviors and attitudes** were helpful to you? Which ones were not helpful and how did you **avoid/minimize** them?

Don't worry about grammar or writing style – just write what comes to mind!

Now, think about a time when you faced a **significant challenge** and you were **not as resilient** as you had hoped. What **behaviors & attitudes** do you think got in the way of your resilience? What do you think made it hard for you to access elements of your resilience toolkit?

Part 2

**USING
RESOURCES**

USING RESOURCES

JOURNALING EXERCISE II WHO IS IN YOUR SUPPORT GROUP?

To become resilient, we have to build **strong positive relationships** with **peers and mentors**. Social connectedness and support can enhance our resiliency to stressful situations and help maintain **good physical and mental health**.

Who are the people in your life that you turn to in **difficult times**?

- Write about why these people are so important to you and give specific examples of **when and how** they have supported you.
- Spend some time reflecting on and writing about how you could **engage with them** during difficult times.
- Are there people you have met who you sense could be people to turn to **in the future**? How might you turn to them now?

*Want to have fun, make someone's day AND build your resilience?
Use this journal prompt and answers as the starting point for a gratitude letter/email.*



USING RESOURCES

TYPES OF PEOPLE I WANT TO SURROUND MYSELF WITH

- Those who can act somewhat as a mentor (and who see me as a mentor, as well)
- Those who demonstrate passion and perseverance
- Those who seek to learn and to problem solve
- Those who demonstrate respect and kindness
- Those whose core values align with mine
- Those who respectfully disagree with me and are willing to have meaningful discourse
- Those who make me laugh and feel joy
- Those who seek healthy adventures
- Those who provide purposeful feedback
- Those who bring out the best in me
- Those who establish and respect professional boundaries

Continue the list with your own ideas of people you want to surround yourself with

- _____
- _____
- _____
- _____
- _____
- _____

USING RESOURCES

JOURNALING EXERCISE III FINDING RESOURCES

Think about **potential resources from different sources**.

| | |
|----------------------|--|
| Research group | |
| Program | |
| Institution / School | |
| Communities | |
| Families | |
| On-line | |

Think about **different resources to serve various functions**.

| | |
|--------------------------------------------|--|
| For you | |
| For your education | |
| For your science | |
| For your career / professional development | |

If you mentor others, think about how you will help your **mentees** find resources.

USING RESOURCES

MY BANK OF RESOURCES

Here is another tool to help you think about your resources. Record resources that are available to you in each area identified below. They can include **people, offices, centers, websites, apps**, etc.

Continue to add resources as you move forward.

Use this page as (a) a reference sheet, (b) a reminder of why these people are important to you, and (c) a reminder of the relationships that you want to nurture.

| | |
|---------------------------------------|--|
| Work/Professional Resources | |
| Social Network | |
| Emotional/ Mental Wellness | |
| Physical Wellness | |
| Spiritual Resources | |
| Financial Resources | |
| Other | |

REMEMBER: Resources are meant to be used, and everyone needs support to thrive.

USING RESOURCES

RESOURCE-SEEKING BARRIERS

We all need support sometimes. Whether it be work, relationships, or another facet of our lives, we cannot go at it alone. However, we sometimes find ourselves unable to reach out for help.

Here are some examples of potential barriers to start you thinking, but don't be limited by this list.

| | | |
|---------------------------|----------------------------------|------------------------------------------|
| Fear/Shame | Negative self-talk | Worry about confidentiality |
| Pride | Stereotypes/cultural differences | Preference for self-reliance |
| Lack of time | Other people | Trouble recognizing the need for support |
| Embarrassment | Lack of trust | Mental health conditions |
| Lack of accessibility | Denial of the problem | Feeling helpless |
| Not knowing where to turn | Bad previous experiences | Fear of disappointing our supervisor(s) |
| Too exhausted/defeated | Difficulty articulating desire | |

In the space below, write down **potential barriers** listed above that prevent you from seeking out resources and support in moments when you may need them.

REMEMBER: Asking for help is nearly always hard – and nearly always a part of the solution.

USING RESOURCES

JOURNALING EXERCISE IV SEEKING HELP

To become resilient, we need to **ask for help** when we need it.

Question your beliefs around seeking help, using resources,
and receiving feedback:

What beliefs do you **currently have** regarding seeking help?

Where do you think these beliefs **come from**?

Do you think these beliefs are **helping** or **hurting**?

REMEMBER

*Asking for help is nearly always hard – and nearly
always part of the solution.*

REMEMBER

Scientists are LIFE-LONG LEARNERS!

I BELIEVE...

I LEARNED THESE BELIEFS FROM...

AT TIMES THESE BELIEFS ARE HELPFUL FOR ME BECAUSE...

AT TIMES THESE BELIEFS ARE HURTFUL FOR ME BECAUSE...

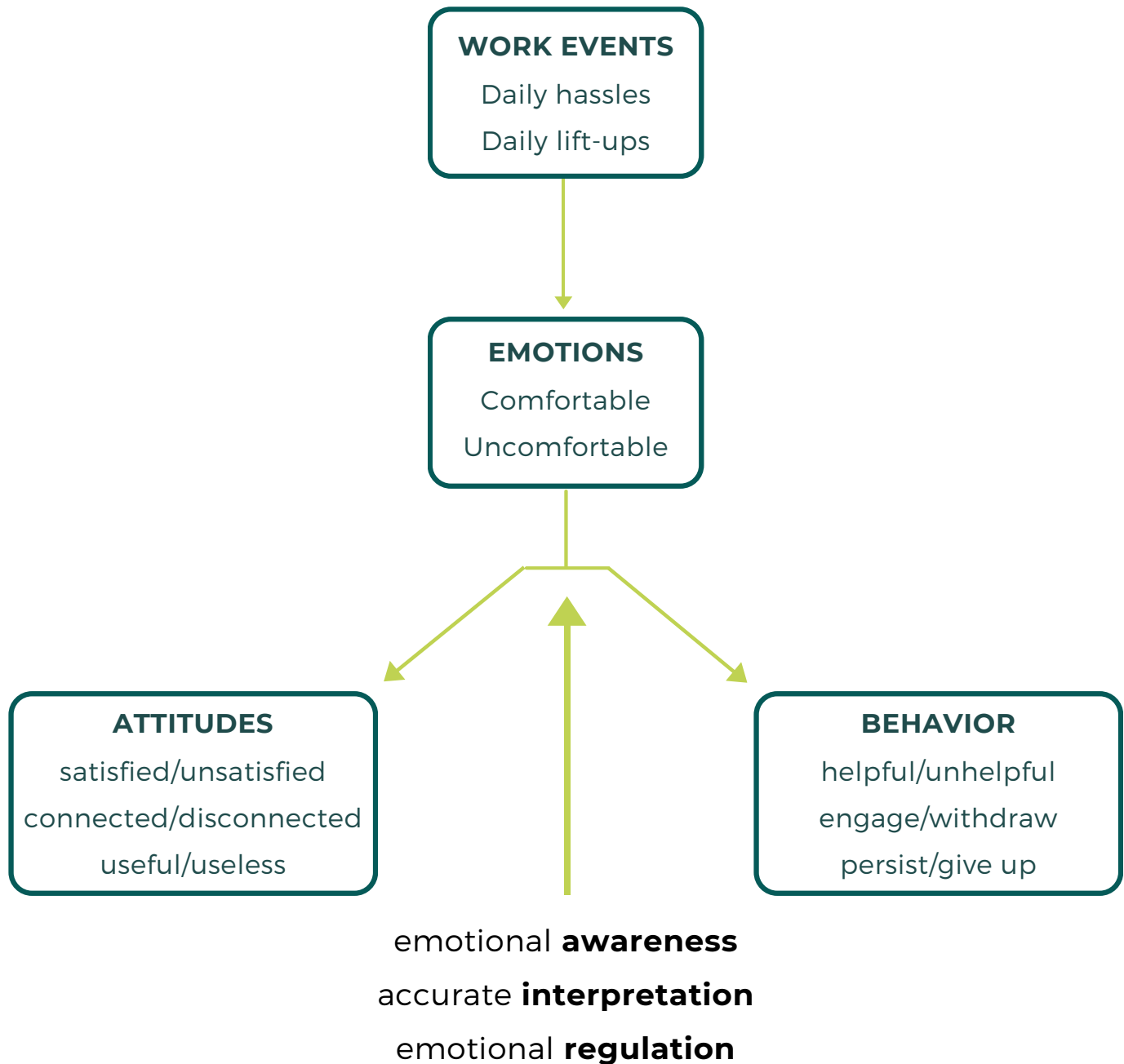
*THINGS THAT MAKE IT EASIER FOR ME TO SEEK HELP AND USE
RESOURCES...*

Part 3

EMOTIONS

EMOTIONS

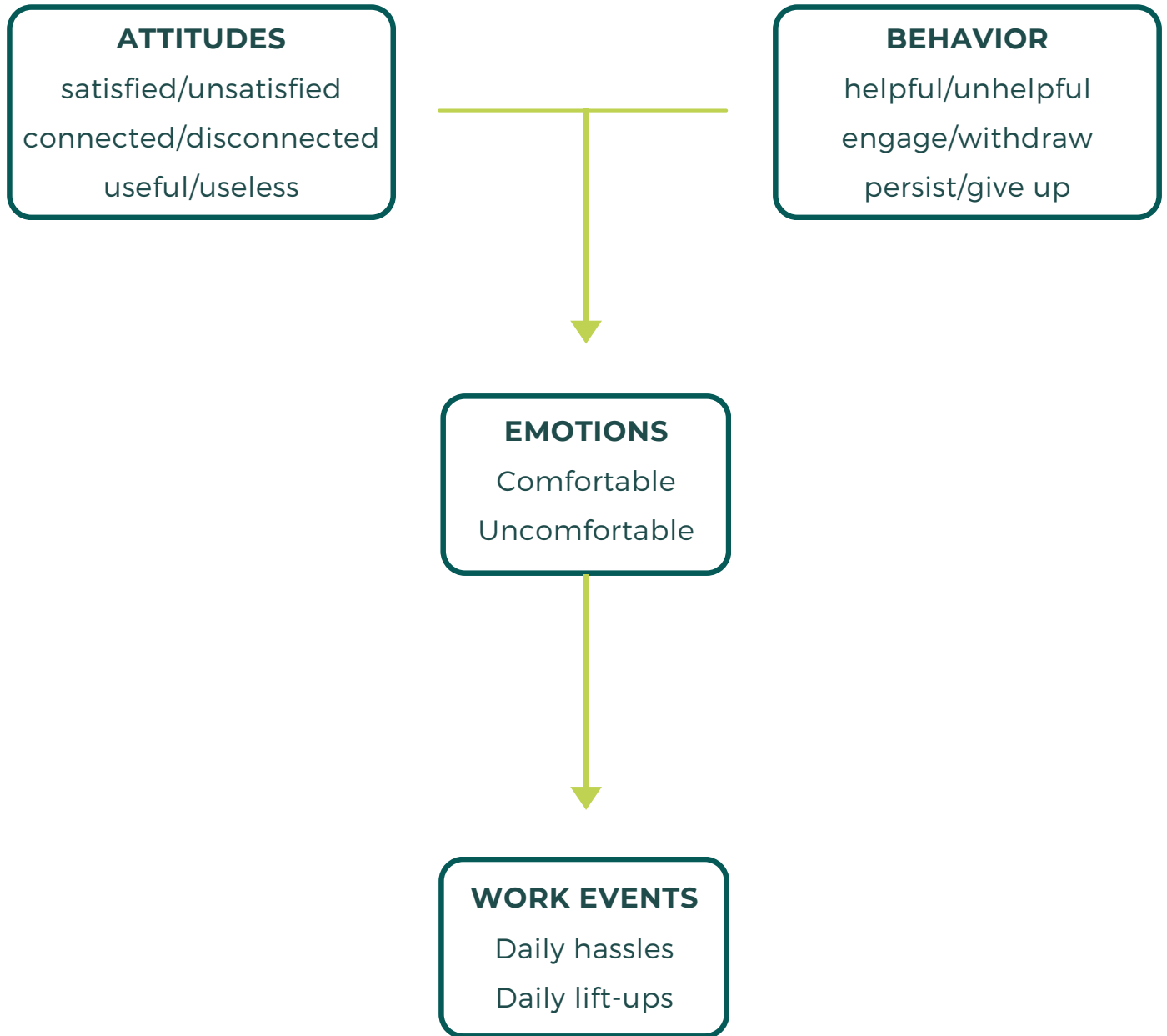
If we are not aware of our emotions, attitudes, and behaviors, ultimately some of our decisions may be **emotion-driven** and not **judgement-driven**



This is where our emotional intelligence can outwardly affect our attitudes and behaviors

EMOTIONS

We can work the model shown previously **in reverse**
to learn more about **what underlies** our attitudes and behaviors



EMOTIONS

WELCOMING ALL EMOTIONS

| COMFORTABLE EMOTIONS | UNCOMFORTABLE EMOTIONS |
|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| <i>I am most comfortable experiencing the following emotions:</i> | <i>I am least comfortable experiencing the following emotions:</i> |
| <i>When I experience these emotions, I tend to respond by...</i> | <i>When I experience these emotions, I tend to respond by...</i> |
| <i>Allowing myself to sit with uncomfortable emotions will result in positives, such as:</i> | |

Tips for sitting with uncomfortable emotions:

- Recognize, acknowledge, and label the emotions
- Focus inward-reflect on where you are feeling these emotions in your body
- Validate your emotions-recognize that they are data collection tools and even if they seem unwarranted, they are purposeful and worthy of nonjudgmental attention
- If they become too much, work in increments – welcome the uncomfortable emotion for small bits of time, allowing yourself to take breaks when needed
- Recognize that there is no “right” way to feel emotions – you should allow yourself to respond to the emotions in whatever safe way feels natural to you, as this will help the emotion fully pass through you so that you can then reflect and move forward
- Practice sitting with uncomfortable feelings in low stress situations

EMOTIONS

WINDOW OF TOLERANCE REFLECTION

Reactive zone

The **Tolerant zone**, where we

- Function most effectively
- Respond productively to stress
- Easily find our creative problem-solving self
- Address interpersonal issues calmly and respectfully
- Acknowledge mistakes and seek to repair relationships

Depleted zone

| ZONE | Right now, I feel: | Because: | Some things I could do: |
|----------|-----------------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Reactive | <i>Possible feelings: anxious, overwhelmed, panicked, like a ball of tense emotions</i> | | <i>Some possible actions: release the energy in a healthy way, practice purposeful breathing, use self-soothing and calming techniques</i> |
| Tolerant | <i>Possible feelings: A little stressed but OK, calm, connected, capable</i> | | <i>Some possible actions: Be present and maintain this state, Reflect on what keeps me here, Use this moment to think clearly and calmly</i> |
| Depleted | <i>Possible feelings: Depressed, numb, disconnected, dissociated, overwhelmed</i> | | <i>Some possible actions: Stimulate my senses, stimulate my body and mind, focus on the present</i> |

I know that I am stepping outside my window of tolerance when ...

Physical sensations:

Emotions:

Thoughts:

When this happens, I can return to my window by:

EMOTIONS

CONTINUUM OF EQUILIBRIUM

Much like the window of tolerance, our peak wellness and contentment zone lies along a **continuum**; We may sometimes lean further down into the zone of discouragement and depletion, while other times we may lean further up into the zone of distress and agitation.

Use the visual below to gauge where you lie along the continuum at any given time. If you find yourself teetering further from equilibrium, ask yourself the following questions:

1. *Where along the continuum am I at this moment?*
2. *What indicators are showing me that I am here (physical, emotional, cognitive indicators)?*
3. *Was this triggered by one or multiple events?*
4. *What coping tools can I pull out in order to get my mind and body in a calm and focused state?*

(Some example elements may include: practicing self-calming, addressing the quadrants of the OITE Wellness Model, seeking support, using resilience tools and strategies...)



5. *Once I am in a calm and focused state, how will I determine what elements need to be included in an action plan for getting /staying in my zone of equilibrium?*
6. *Develop an action plan that will steer you closer to your zone of equilibrium. Reflect, tweak, and check-in with yourself as needed.*

Part 4

GROWTH MINDSET



GROWTH MINDSET

HALLMARKS OF A GROWTH MINDSET

- We **believe that we can grow and learn** whether something comes easily to us or not
 - *Remember: we all have “come easys” and “come hards”*
- We **explore new approaches** and ways of tackling problems when we get stuck
 - Helpful questions:
 - *Why would it work this time if it did not work last time?*
 - *Is there a different approach? And is now the time?*
- We **ask for help** and **use resources** to promote learning
- We **focus on process** and not only outcome
 - *Outcome = What happened*
 - *Process = What we did along the way*
- We **learn from mistakes** (both ours and others')
 - *IF I get caught in frustration, embarrassment or shame about my mistake, THEN I am going to.... and THEN I will regroup*
- We **develop feedback resilience**



GROWTH MINDSET

JOURNALING EXERCISE V REFLECTING ON A GROWTH VS. FIXED MINDSET

To become resilient, we need to develop a **growth mindset** and engage in the **“Power of Yet”**¹ in domains that really matter to us.

Thinking about your **school/work experience** and **other areas** of your life, where can you see a **growth mindset**? Where can you see a **fixed mindset**?

Why do you think you get **caught up** in your fixed mindset?

What **strategies** work to help you hold on to your growth mindset?

¹ Mindset: The New Psychology of Success; Dr. Carol Dweck
<https://psychology.stanford.edu/cdweck>; <http://mindsetonline.com/>



GROWTH MINDSET

MINDSET REFLECTION QUESTIONS

- *Where/with whom do you find you are most likely to have a growth mindset?*
- *What are your fixed mindset triggers?*
- *Where/with whom do you find you are most likely to have a fixed mindset?*
- *What internalized beliefs do you hold that makes it harder or easier to uphold a particular mindset within given settings?*
- *Are there moments where you oscillate between a growth and a fixed mindset?*
- *What feelings, thoughts, and emotions contribute to the mindset with which you approach experiences from?*



GROWTH MINDSET

GROWTH MINDSET REFRAMING EXERCISE

Rewrite these fixed mindset thoughts using growth mindset language.

- 1. I give up! I tried three times to get this abstract written and it is still no good.*
- 2. I am feeling down and my experiment probably won't work so I'm going to just check out during lab today.*
- 3. Their poster is better than mine; mine will never be that good.*
- 4. I should know this. I don't understand it, but if I ask any questions my PI will see how little I know.*
- 5. I am really a good writer, so I can skip this feedback and do it on my own.*

Now think of some examples from your own life:

| My fixed mindset thought | Growth mindset reframe |
|--------------------------|------------------------|
| | |



GROWTH MINDSET

SHIFTING TO A GROWTH MINDSET

The next time you find yourself in a fixed mindset, consider using this activity.

Fixed Mindset

| | | | |
|----------------------------------------------------|-------------------------------------------|--------------------------------------------------------------|-------------------------------------------------|
| <i>Automatic defeating "fixed mindset" thought</i> | <i>How this thought is making me feel</i> | <i>How those feelings are affecting my mood and behavior</i> | <i>Outcomes if I continue thinking this way</i> |
| | | | |

Growth Mindset

| | | | |
|-------------------------------------------------|-----------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <i>New encouraging "growth mindset" thought</i> | <i>How this new thought is making me feel</i> | <i>How these feelings are impacting my mood and behavior</i> | <i>New and better outcomes that occurred as a result of my ability to overcome fixed mindset thoughts</i> |
| | | | |

How will/did you **turn things around** to approach the situation with a growth mindset?



GROWTH MINDSET

GROWTH MINDSET CHECKLIST

TODAY, I...

- ☐ Was curious
- ☐ Tried something new
- ☐ Took a healthy risk
- ☐ Found joy in a challenge
- ☐ Asked questions
- ☐ Felt comfortable with and appreciative of constructive criticism
- ☐ Sought out feedback (both positive and/or constructive)
- ☐ Acknowledged and appreciated a moment when I did not know an answer or how to perform a certain skill
- ☐ Saw a problem as an obstacle that I am eager to overcome
- ☐ Felt comfortable in not knowing
- ☐ Accepted and felt comfortable with making a mistake
- ☐ Used a mistake as a stepping stone for learning/becoming better
- ☐ Focused on the process instead of the outcome
- ☐ Chose thorough learning over learning quickly
- ☐ Appreciated the ways that I am a lifelong learner
- ☐ Reflected on my lifelong journeys toward mastery and my accomplishments thus far
- ☐ Valued myself, flaws and all!

☐

☐

☐



Part 5

WELLNESS

WELLNESS

To build resilience, we need to develop a **stress management & wellness practice**.

To do well, we have to be well.

Take the following assessments by checking the boxes to get a sense of how you are doing taking care of yourself.

BODY

| | NEVER | SOMETIMES | ALWAYS | | |
|----------------------------------------------------------------------|-------|-----------|--------|---|---|
| ASSESSMENT I – BODY | 1 | 2 | 3 | 4 | 5 |
| I am getting enough sleep (7-9 hours per night) | | | | | |
| I am eating balanced, nutritious meals | | | | | |
| I avoid excessive use of caffeine | | | | | |
| I avoid excessive use of alcohol & other drugs of abuse | | | | | |
| I am getting regular exercise (at least 3x per week) | | | | | |
| I am getting regular health care for myself | | | | | |
| I take care of myself when I'm sick, need rest, or just need a break | | | | | |

| Current strengths | Growth opportunities | Plan for progress |
|-------------------|----------------------|-------------------|
| | | |

MIND

| | NEVER | SOMETIMES | ALWAYS | | |
|---------------------------------------------------------------------------------|-------|-----------|--------|---|---|
| ASSESSMENT II – MIND | 1 | 2 | 3 | 4 | 5 |
| I avoid getting caught up in perfectionism | | | | | |
| I focus on the present vs. rehashing the past or worrying about the future | | | | | |
| I avoid negative or deceptive self-talk | | | | | |
| I practice self-affirmations and positive self-talk | | | | | |
| I avoid judging myself compared to others | | | | | |
| I give myself time to explore and learn about new things | | | | | |
| I am open to counseling as a tool to maintain and improve my health & wellbeing | | | | | |

| Current strengths | Growth opportunities | Plan for progress |
|-------------------|----------------------|-------------------|
| | | |

HEART

| | NEVER | SOMETIMES | ALWAYS | | |
|---------------------------------------------------------------------|-------|-----------|--------|---|---|
| ASSESSMENT III – HEART | 1 | 2 | 3 | 4 | 5 |
| I am in touch with myself and let myself feel all of my emotions | | | | | |
| I reach out to others for support when I need it | | | | | |
| I communicate my needs and feelings directly and honestly | | | | | |
| I make time to spend with my friends and family | | | | | |
| I engage in activities that are fun and relaxing | | | | | |
| I avoid extreme use of my phone as a coping tool/avoidance strategy | | | | | |
| I demonstrate compassion for myself and others | | | | | |

| Current strengths | Growth opportunities | Plan for progress |
|-------------------|----------------------|-------------------|
| | | |

SPIRIT

| | NEVER | SOMETIMES | ALWAYS | | |
|------------------------------------------------------------------------------------------|-------|-----------|--------|---|---|
| ASSESSMENT IV – SPIRIT | 1 | 2 | 3 | 4 | 5 |
| I feel connected to something that is bigger than me – however I define that | | | | | |
| I seek out resources (practices, activities, people, places) that nurture me spiritually | | | | | |
| I reflect on and invest in what is meaningful to me | | | | | |
| I read writings or watch media that are inspirational to me | | | | | |
| I think of and care about the lives of others who are different than me | | | | | |
| I allow time to just be (human being vs human doing) | | | | | |
| I engage in activities that support my life's purpose | | | | | |

| Current strengths | Growth opportunities | Plan for progress |
|-------------------|----------------------|-------------------|
| | | |

WELLNESS

JOURNALING EXERCISE VI TO DO WELL, WE HAVE TO BE WELL

What is my current **well-being and stress management practice**?

Where am I **doing well**?

Where would I **like to improve**?

What is something **I can do now** to improve my wellness/self-care practice?

How will I work to make progress toward this goal?

REMEMBER: This is not a one-time thing!
Re-take this assessment and see how you are doing every few months.

WELLNESS ACTION PLAN CHECK-IN

| | |
|---------------------------------------------------------------------|--|
| Tools/Strategies that have been working for me... | |
| Tools/Strategies that have not been working for me... | |
| Tools/Strategies that I need to tweak ... | |
| My intentions over the next week or month... | |

WELLNESS ACTION PLAN CHECK-IN

Reflect on how you spend your time. Consider areas in your day where you can pause and allow yourself that time to replenish and revitalize your mind and body.

Ask yourself:

- *Which matters are timely?*
- *Which matters can be saved for a later date?*
- *Which are time and/or energy drains?*
- *Which wellness activities deserve more attention and time?*
- *Which activities could I shave a few minutes from or condense into a shorter period of time to free up some time?*
- *Do I go to bed too late? Does my sleep schedule support my desired daily routines?*
- *Does the way in which I spend my time reflect my values?*
- *Does the way in which I spend my time reflect my short and long term personal and professional goals?*

Notes to self:

- There will always be more work to do, but that doesn't mean I have to tend to it immediately.
- In order to perform at my peak, I require time to recharge.
- I owe it to my current and future selves to be present and to give attention to the things that matter most to me.
- I owe it to my current and future selves to live a life that reflects my values and aligns with my personal goals, not just my professional goals.
- I should not feel guilty about having time away from work to be a whole person.
- If I do feel guilty for time away from work, I can acknowledge the emotions I am experiencing, appreciate the benefit of time away, and then let go of the guilt to whatever extent possible.
- In order to do well, we have to be well.

WELLNESS

ELEPHANT(S) IN THE ROOM: LESSONS LEARNED FROM THE FIELD OF SCIENCE

What messages about **wellness** and **self-care** am I receiving from the **culture of my current research group** and the **culture of science** in general?

ELEPHANT(S) IN THE ROOM: LESSONS LEARNED FROM MY CULTURE

Take a minute to reflect on how the cultures you came from or now live in impact your thoughts on **self-care** and **attentiveness to your personal wellness** (mental, emotional, environmental, social, physical, etc.).

- *How has your family culture shaped your thoughts on self-care? On seeking out support for personal wellness?*
- *How has your family culture shaped your thoughts on the amount of time that should be put into taking care of your personal wellness needs?*
- *Do you belong to any other cultures that have impacted your opinion about personal wellness and self-care? If so, how have they impacted your opinion?*
- *What messages replay in your mind about personal wellness and self-care based on the cultures with which you belong?*

Part 6

MORE RESILIENCE AND WELLNESS TOOLS

RESILIENCE: AN OVERVIEW

FOUR POWERFUL TOOLS TO INCREASE RESILIENCE:



JOURNALING

New York Times Article

[*What's All This About Journaling?*](#)

[*How to Journal*](#)



MINDFULNESS

To learn more:

<https://www.mindful.org/meditation/mindfulness-getting-started/>

Other useful resources

<https://www.tenpercent.com/>

<https://www.tarabrach.com/>

<https://insighttimer.com/>



COMMUNITY

Small groups for this series

[*The Importance of Community and How to Find Community*](#)



THERAPY

Helpful resources (beyond your campus)

<https://www.justdavia.com/blog/directories-for-therapists-of-color>

<https://www.goodtherapy.org/>

<https://support.therapytribe.com/>

<https://www.inclusivetherapists.com/>

WELLNESS

What brings you meaning to your **day, week, or month**?


Making a **wellness collage** is a way to identify and talk about things that **bring happiness and meaning** into our lives.

Create a collage below (or on a separate sheet).

While working on the collage, remember:

Never under-estimate the things in your life that **bring you happiness and meaning**

Never under-estimate the power of **doing for others**



Feel free to share what makes you happy and/or brings you meaning! Post a picture from your wellness collage or of your entire collage on **Twitter** and tag **@NIH_OITE** or **@SharonMilgram**
#OITEWellnessChallenge



RESILIENCE PLAYLIST



Music is a powerful tool. It can impact your mood, emotions, and overall health & brain functioning. It is a good partner in moments of self-doubt or worry, moments where you feel on top of the world and want to keep the mood going, and moments when you just want to quiet your mind.

With this in mind, we invite you to create your own resilience playlist. Use the prompts below to record songs that hit you in a particular way. You may want to use your lists to create your own playlists on an app of your choice.

Songs that make me feel...

Powerful

Victorious

Invincible

In control

Like the main
character

Ready for any
challenge

Interesting tidbit: The NIH recognizes the power of music on our lives and has partnered with the National Symphony Orchestra and the National Endowment for the Arts in an initiative called the **Sound Health Network** in order to better understand the impact of music across the human lifespan.

RESILIENCE PLAYLIST



Songs that make me feel...

Comforted

Calm

Loved

Respected

Worthy

Encouraged

Songs that make me feel...

Energized

Motivated

Inspired

Creative

Revived

Exhilarated

BURNOUT/FATIGUE FIGHTER

I'm feeling...

| Physical | Psychological | Social |
|----------------------------------------------------------|---------------------------------------------|---------------------------------------------------------------|
| <i>Example: dysregulated sleep, lack of energy, weak</i> | <i>Example: loss of control, stagnation</i> | <i>Example: lack of connection, withdrawal, feeling empty</i> |
| | | |

I need...

- **Awareness:** Focus on self, becoming aware of triggers that are impacting me
- **Balance:** Areas of wellness
- **Connection:** Building and maintaining supportive relationships

I commit to the following actions...

| Awareness | Balance | Connection |
|-----------|---------|------------|
| | | |

DAILY GRATITUDE

"In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships."

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

The **overarching factors** in my life that I am grateful for include...

The **seemingly small** things that I am grateful for today include...

Don't forget to think about things about yourself that you are grateful for.

SMALL MOMENTS THAT SPARK JOY

One **small moment** that brought joy to me today was....

SATISFACTION & CONTENTMENT

Satisfaction & content refers to **overall quality of life** as a whole. When you can view your life through your own beliefs about what makes life fulfilling and can feel content with what you see, your ability to cope with challenges and setbacks is strengthened.

Take a minute to reflect. Try to ignore the noise and expectations that culture and society place on having a “good life” and focus on your inner voice. Consider:

- *What is important to me?*
- *Who is important to me?*
- *What makes me feel good?*
- *What gives me a sense of purpose?*
- *What mark do I want to leave on the world?*
- *When I am lying on my deathbed, what will I look back on and feel content with? What will I look back on and wish I nurtured more?*
- *Counting out present tasks and stressors, what are my long-term hopes for my:*
 - *Career?*
 - *Family?*
 - *Social life?*
 - *Personal growth?*
- *Why are these hopes important to me?*
- *Am I living up to these hopes?*
- *In what areas do I find myself slipping away from the things that are most important to me?*
- *What can I commit to at this moment to realign myself with the kind of life I want to lead?*

WELLNESS & JOURNALING ACTIVITIES

Build word collages

Sketch or doodle

Bullet journal

Create a **"Smile File"** of compliments, kind words, high-flying moments, and things that make you feel good (write, draw, cut and paste quotes and images, paste pictures, paste screenshots from chats and emails, etc.)

Start a daily gratitude journal

Video journal or vlog

Create an inspiration/aspire journal

Create a personal blog

Create lists

Brain dump

Mind mapping

Find a private tranquil space and create voice recorded journals

Create picture/non-word collages or storytelling pages

Use digital media

Record a musical/rhythmic journal using instruments, improvised instruments (spoons, tapping a table, shaking a chip can, etc.) which represent what you are feeling (tone, tune, etc.)

SOME MORE FORMS OF JOURNALING

Morning Pages: Created by Julia Cameron, this journaling technique involves grabbing a pen before you start the day and letting words flow. This stream of consciousness journaling requires nothing more than 15 minutes, non-judgemental or over-thought writing, and no rereading for proofing, edits, etc.

Symbols Journaling: This form of journaling involves observing images that are symbolic (cultural symbols, tarot, abstract art, etc.) and writing about what this image means to you.

Intuition Journaling: This form of journaling requires you to write down a personal question that has been on your mind. After this, you let your intuitive thoughts flow as you write a response.

Body Scan Journaling: Choose a body part that stands out to you as taking on any negative or positive emotions that you are experiencing. Describe what you are feeling in this body part, why, and then write as if you are addressing this body part and its needs.

JournalSpeak: Created by Nicole Sachs, this technique (also called “Rage on the Page”) involves writing out three lists: current stressors, past stressors, and personality traits that you embody. Each day, choose one stressor from the lists and run with it. Free flow, giving your feelings a voice. Once you have finished, try to close out with self compassion and love.

Remember:

- *Journaling can include a variety of mediums and does not necessarily need to be full sentence, pen-to-paper ideas. Get creative and explore a variety of mediums, means, and methods until you find what best suits you.*
- *Journaling should be a safe freeform manner of expression. You should not feel stressed, should not overthink, and should not hold back when journaling. Just do what feels right, when it feels right.*

USING MY CREATIVITY

Paint your feelings (colors, shapes, abstract, concrete)

Use calming repetitive wave-like strokes and align them with your breathing

Create songs or poems with artistic freedom

Create rhythmic sounds with instruments (improvised or actual)

Mind maps

Inside/outside mask painting (what people see/what I feel inside)

Beadwork

Jewelry making

Fiber work, such as knitting, crocheting

Mosaics

Woodworking

Metal work, welding

Dreamcatchers

Origami

Mandala or zentangle art

Paint blowing

Collage art

Claywork

Kintsugi bowl making



'TASTING MENU' FOR SELF-SOOTHING / CALMING

| Options | Examples |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Breathing</i> | 3-4-5, 5-7-5, or square breaking, diaphragm breaths, hiss and buzz breathing, slow and soft/fast and heavy rhythmic |
| <i>Mental Distraction</i> | Read the passage of a book or article that you find pleasurable or interesting, listen to a podcast, play a challenging game or complete a puzzle/quiz online, take a walk, clean, Youtube |
| <i>Mindfulness</i> | Meditation, nature walk, body scan, sensory focus, self-compassion, mindful eating, focused listening, mindful creativity, power poses |
| <i>Grounding</i> | Sensory focus, focus on body-to-earth, self-soothing hand massage, butterfly hug, bilateral stimulation, categorical thinking, memory challenges, intellectual challenges, write lists |
| <i>Scent</i> | Essential oils, scented candles, baked goods, whiff coffee, soft and soothing scented lotions |
| <i>Oral</i> | Chewing gum, sucking on ice, sucking mint or spicy hard candies, sipping hot tea or iced lemonade |
| <i>Auditory</i> | Listen to soothing music, white noise, zen sounds apps, nature sounds, calming sound apps, humming, listen to your breathing |
| <i>Visual</i> | Focus on soft images, view pictures and illustrations that soothe you, take photographs of nature with your phone |
| <i>Body/Movement</i> | Dance, squeeze a stress ball, push against a wall or a countertop, use a mini massager, bounce a ball, jump up and down, stretch, lay a weighted object on your lap, give yourself a strong hug |
| <i>Social</i> | Talk to a trusted loved one or colleague, use humor, help others in your immediate surrounding, compliment someone, write a "just because" card for someone you care about |
| <i>Release</i> | Laugh, cry, scream to loud music in your car, squeeze ice cubes, rip paper, scribble sketch, tapping (EFT), progressive muscle relaxation, alternate hot and cold running water on face |

