

Tips for Developing Stress Resilience

Physical / Lifestyle Strategies

1. Regular exercise
2. Sleep hygiene
3. Eat a balanced, healthy diet: 5 or 6 small meals daily
4. Pacing & self-care, take mini-breaks (10 min.)
5. Practice a deep relaxation technique regularly
6. Choose a non-toxic environment
7. Avoid perfectionism; it's self-defeating
8. Re: work:
 - a) Pursue happiness not money (few palliative care patients are wishing they had worked more)
 - b) Play, before the work is done

Emotional Strategies

9. Confide in someone you trust
10. Practice assertiveness & strive to modulate the expression of affect
11. Develop compassion: the heartfelt yearning that self & others be free of suffering

Cognitive Strategies

12. Counter negative thinking with realistic, rational thought
13. Problem solving (after having identified the true problem)
14. Anticipate & be task-oriented rather than reacting to problems
15. Learn to distinguish between those things you can & cannot control
16. Cultivate a tolerance for ambiguity, to see shades of gray
17. Use humour & put things in perspective

Philosophical / Spiritual Strategies

18. Write down what really matters in your life – purposes, goals to work towards
19. Keep a daily journal listing all the things for which you feel grateful
20. Spend time in silence daily; in meditation, walking in nature...
21. Yoga, Tai Chi
22. Readings

Mens sana in corpore sano