



BUILDING RESILIENCY TOOLS & STRATEGIES

Relaxing is important!

- To work well, the brain needs to recharge
- Relaxing helps us think more clearly and helps us to feel good

Calm Breathing:

Find a comfortable place to sit & pay attention to your breathing. Notice your belly rising & falling. Breathe in through your nose & count: 1, 2, 3. Pause for a second & slowly breath out through your mouth. Count backward – 5, 4, 3, 2, 1.

Tense & Release (Muscle Relaxation)

- Focus on 1 muscle group at a time – begin at your toes & move up to your head
- Take a slow, deep breath & squeeze those muscles about 5–7 seconds. Pay attention to the tension in the muscles
- Let all the tightness flow out of the tensed muscles – Exhaling
- Feel the muscles becoming loose & limp as the tension flows out
- Imagine that your muscles are like soft cooked spaghetti
- Relax each muscle group for 10 seconds
- Notice the difference between tension & relaxation
- Repeat the tense & relax steps for each muscle group

Mindfulness

Involves paying attention to what's here in this moment. This helps us to stop worrying by focusing on the things we are doing now – the only things we can control.

- Three Senses – What are 3 things I can...Hear? See? Feel?
- Exercising, stretching, making crafts, listening to music, art, time with pets, etc.

Tips to Increase Your Self-Esteem & Self-Compassion

- Do activities that you enjoy
- Spend time with positive, supportive people – build positive relationships
- Be helpful & considerate to others
- Try not to compare yourself to other people
- Try to do regular exercise, eat healthily and get enough sleep
- Be assertive
- Learn to challenge your negative beliefs
- Set realistic goals for yourself
- Acknowledge your positive qualities & things you are good at
- Be kind to yourself
- Recognize that you're not alone in your feelings or experiences

How Can I Help Others Build Their Self-Esteem?

- Show them you care
- Remind them of the positive things
- Reassure them when something isn't their fault
- Be patient
- Let them know that it's reasonable to be in a bad mood sometimes
- Be encouraging
- Show empathy

Language of Resiliency

I CAN...
I AM...
I HAVE...

Change unhelpful thoughts to helpful thoughts by challenging them:

- Look for the evidence that supports it
- Look for evidence that goes against it
- What would a positive friend say?
- What would you say to your friend?



Helpful Websites:

anxietycanada.com
lynnlyons.com

