

13 Tips to a Resilient Self

Meditate

Develop the skills to relax and shift into conscious awareness.

Maintain perspective

Remember this too shall pass, nothing is permanent. Time heals all wounds..

Gratitude

Make gratitude and appreciation a daily practice. You have so much!

Shared human experience

Embrace that you are just one of billions of people sharing this planet, a part of something bigger.

Failure is feedback

Can you see mistakes simply as steps towards your next thing? If you believe that you can learn from failing, would you be less afraid?

Edit your outlook

It is not easy to switch your lens, but choosing to find the silver lining and then embrace an optimistic outcome, can help you feel differently.

Be bold and brave

Can you check your self-confidence and TRUST. Believe in yourself and your abilities. Like the beloved Glennon says...you can do hard things!

Forgive

Let it go. Why hold on to anger and stay victim when you can forgive the problem, forgive the person, forgive yourself. It is only then you can move forward and find freedom.

Know how you cope

What are your primary coping mechanisms? Do you need to go for a run? Or sit in prayer or meditation? Once you define this clearly, you can access more quickly and easily when you need it most.

Acceptance

Analyze your relationship to control. Can you let go of what you wanted and just accept what is? Control is an unhealthy way to manage the inevitable uncertainties of life. See if you can let it go.

Find meaning

Living a life of service means you can gain perspective while also adding purpose and seeing the greater good. Volunteering or giving can add a kind of meaning you will access especially when it's hard.

Exercise and move

When you connect your mind and body, you are in alignment. Movement releases stress!

Sleep

Your tank needs to feel full and a proper sleep or time to rest will fuel your tank of resilience!

