**Resiliency Building Tool Box**

*25) Get a massage*

*26) Visualize someplace relaxing*

*27) Take a break from social media/news*

*28) Be willing to ask for help*

*29) Practice self-awareness*

*30) Maintain Professional Boundaries*

*31) Manage your time-don’t procrastinate*

*32) Be aware of how loss affects you*

*33) Go for a Hike/Get Out doors*

*34) Don’t sweat the small stuff*

*35) Forgive, let that anger go****!***

*36) Go to the beach, get your feet wet*

*37) Volunteer-Give back*

*38) Hugging, Kissing, Intimacy*

*39) Be Kind to YOU!*

*40) Sing, Loudly if possible*

*41) Hot bath/shower*

*42) Just say NO!*

*43) Join a committee to improve your work life/environment*

*44) Smile, Smile, Smile-*

*45) Be Positive, Be hopeful*

*46) Leave work at work*

***Check what you are already doing.***

***Circle what you need to do.***

*1) Rest/Sleep*

*2) Take a break-Give yourself a time out*

*3) Be realistic about how much you can do*

*4) Exercise-short bursts or long walks*

*5) Eat Healthy-plan ahead for snacks & meals*

*6) Meditate/Pray*

*7) Be mindful/in the moment/present*

*8) Breathe-long deep breaths-abdominal*

*9) Be Grateful for what is good in your life*

*10) Build supportive friendships*

*11) Connect with Social Support*

*12) Humor/Laughter*

*13) De-clutter/clean*

*14) Get Creative/ Find a creative outlet*

*15) Journal-write how you feel down*

*16) Pets-unconditional fur love*

*17) Body scan for tension/intentional relaxation of tight spots*

*18) Reframe thoughts/be objective*

*19) Prioritize you daily goals-stick with what is most important*

*20) Listen to Music or soothing sounds*

*21) Aroma-therapy*

*22) Therapy/Counseling*

*23) Develop your Spirituality/Faith*

*24) Take a Mental Health Day*

**How to Leave Work at Work**

1. **Have a ritual when you start your shift and when you leave work.** 
   1. Create several rituals that work for you. Pick one for when you arrive at work and another for when you leave. Give yourself choices. Use your commute time or the Chapel. Leaving work ideas include: Remove your shoes, let hair down, call a friend, play music, sing, run, play with pets, hug kids, visit family, go to gym, take a shower……
   2. Try deep breathing, meditation or prayer to help you with the transition.
   3. Utilize a phrase or an action. “It’s going to be a wonderful day”
   4. Use mental imagery. See yourself leaving the problems of the day at work before you leave the parking garage.
   5. Stick with it. Be intentional.
2. **Detach.** Commit to not thinking about work when you are home or with family. Give yourself a break from checking work emails*. Give the rest of your life, all of your attention.*
3. **Create a buffer zone** when you get home from work, for 30 minute or more. Create space for you to relax and decompress—go for a run, meditate, hit the gym, listen to music, take a shower. Make it a routine.
4. **Focus on what is important**. Be intentional about focusing on what is important to you. Spend time with family, call a friend, cook a meal for family, work in the yard, do something meaningful to you. Take up a hobby that you enjoy and you can really focus your mind on.
5. **Call a friend**. If it was a tough day, find someone to vent and process with about what happened. And then, let it go.
6. **Be prepared** for your next work day. Get ready in advance so you don’t feel rushed and start the day feeling flustered and overwhelmed. Prepare some healthy snacks & meals or download favorite songs on phone. Think about what you need for the day before you get there.
7. **Commit!** Make a tangible plan to do one or two of these activities every day. Pick different ones and try them out. See what works for you. If you forget one day, restart the next.

