Resiliency Tools & Techniques

30 SECOND RESILIENCE

Breathe
- 5 complete breathes, inhale deeply, extending belly then exhale
- Shut your eyes, feel your breath in/out
- Sense where the stress is in water
- Yawn

Reset Your Brain
- 20-20-20 (20 min screen time, turn away from screen and focus 20 ft away for 20 secs)
- Smell a lemon/orange (it really works!)
  - Drink a big glass of
- Shake your right hand, then shake left
- Give/Get a hug (or THINK about your favorite person giving you one)
- Make a monster face
- Smile/laugh

Get up
- Stand up and touch your toes
- Raise shoulders to your ears & release 5x
- Stretch/sun salutation
- Wiggle/shake
- Neck roll

Get Creative
- Color
- Listen to music
- Daydream
- Go tell your best joke to a workmate (Laughing is great!)

5 MINUTE RESILIENCE

Take a Break
- 2-3 minute guided recipe
- Take a lap around the office
- Go to the bathroom
  - Go get a snack or coffee

Team Counts
- Check-in with a workmate
  - Share your best meditation
  - Celebrate accomplishments of team
  - Share a snack with a workmate

DAILY RESILIENCE

- Cultivate supportive relationships
- Engage in physical exercise daily
- Practice good sleep hygiene: 7+ hours nightly, reduce electronics use prior
- Drink plenty of water
- Participate in hobbies and interests
- Unplug from electronics
- Have fun and laugh

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(seriously!)