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| Taking in the Good – 10 second focus on a good event http://www.rickhanson.net/ | STOP – Stop – Take a Breath – Observe what’s happening (head, emotions, body), Proceed with what works! |
| 3 Deep Breaths – In thru nose – PAUSE – Out thru mouth – Feel it! | Think Like an Optimist – Whatever is happening is TEMPORARY; It isn’t your WHOLE life; You can DO SOMETHING about it (Seligman) |
| Anchor Breathing – Focus on physical sensation of breathing – Hand on heart – build up to 10 minutes per day | Positive self-talk – The voice in your head isn’t always right! *I am an old man and have known many troubles – some of them actually even happened!* (Mark Twain) |
| 3 Grateful Things – Name three things you are grateful for | Ability to Pivot – Have a Plan B & C always ready to keep moving forward toward your goals http://centerforresilience.com/ |
| Loving Kindness – May I be safe, healthy, happy, at easeMay you be…May they be… | Balanced Goal Setting – Name your Roles (son, student, employee, friend, etc) and Goals in each area of life – Prioritize by IMPORTANT and TIME SENSITIVE http://centerforresilience.com/ |
| I’m doing the best I can today | Process to change –> Self Knowledge – Critical reflection – Action Plan – Trusted advice (ELLI) |
| 4 Important Questions: What’s Interesting? How am I getting it (more) in my life? What’s my Plan? How’s it Working? http://centerforresilience.com/ | Grit Pie – Break large challenges into smaller pieces and tackle one at a time – Divide and Conquer! |
| Positive Character Traits – Name it (honesty, loyalty, etc) and remember a story where you made a difference with it!https://ggia.berkeley.edu/practice/use\_your\_strengths | Growth Mindset – Struggle is normal part of learning; With effort and good strategies everyone can improve; believing that is important; I’m not good at \_\_\_\_ YET! (Dweck) |
| Body Scan – What’s your Body Telling you? Facial muscles, jaw, neck, shoulders, chest, stomach, arms, fingers, hips, thighs, calves, feet, toes! Breathe! http://marc.ucla.edu/mindful-meditations | *“The greatest discovery of my generation is that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”*William James |
| Look at more information on resilience at <https://sites.psu.edu/resilience/> | More research-based strategies from UC Berkeley on generating positive emotions at <http://ggia.berkeley.edu/>  |