

## TEN-FOUR: Key habits of resilience

**T** **Take time to be mindful:** Conduct self-assessments about how you feel mind, body and spirit. Take time to consciously relax those areas of your body that are tense or bothered and take time to breathe through the tension points.

**E** **Exercise/Eat Right:** A strong body is built with exercise and eating right. Activity and nutrition can help you manage mental and spiritual stress.

**N** **Nurture your purpose/meaning:** A system of values of what's important to you can help you make critical decisions. Focusing on your purpose helps to develop hope. And hope helps us discern a path through traumatic events.

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**F** **Fight for yourself:** Seek help in the areas of your life in which you are struggling. Growth can occur post suffering. You can discern meaning, purpose, and understanding for future events by understanding the issues you struggle with now.

**O** **Optimism:** Optimistic people see hope in the future and practice gratitude. Gratitude and optimism are a critical component of well-being. Hunt the good stuff.

**U** **Unload:** Unload your rucksack, unload your weapon, unload your equipment, unload your negative emotions in healthy ways. Let go of thoughts, feelings, and people that pull you down.

**R** **Relationships:** Build your social community: Build your network of family, friends, mentors, and trusted advisors. They will support you through difficult things and bring joy.

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# Resilience in Action

What do you want to focus on to improve your resilience?  
(be specific!)

What will you do to practice your resilience goal?  
(be specific!)

Who or what can help you with your resilience goal?

Who or what keeps you from engaging in your resilience goal?

Are there things you can do to overcome those barriers?

When will you take action towards your resilience goal  
and when will you practice your resilience goal?

How will you know you've been successful with your goal?



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