

## Your Weekly Work-IN

***Congratulations!***

***You finished your 1st week of the Resilience Course™***

Let's do a quick review.

### **Take-aways fitness tips**

- A. Resilience is about psychological flexibility and agility - it is about mental fitness.
- B. Your perspective matters. How you see things is how they will be.
- C. Your brain is like a muscle; with exercise it can be strengthened.
- D. You have 3 brains. Like other muscles in your body, your 3 brains need to be coordinated and work together.
- E. You have an active role to play in building your resilience and mental fitness.

In addition to continuing to practice good self care (see the Your Daily routine)

### **Your exercises this week**

1. Take time to identify your current coping strategies and make changes in ways that are essential for your success. Pick 3 ways to improve your self care and schedule them in your daily routine.
2. Think about your ultimate life goals. Think about what your ideal life would look like. List 10 things you love to do, and think what it would feel like to incorporate them into your life.
3. Each morning take 5 minutes to slow down, sit and ground your body.

These daily practices are essential for consolidating and reinforcing your new learning.

**Earlier exercises might seem easier each day**

***That is not the case!***

***You are getting stronger!***