



Webinar Notes

30 minutes

How to Build Resilience

- Practicing healthy habits
 - Proper sleep
 - Digital habits
 - Nutrition
 - Physical activity
 - Therapy
 - Stress management techniques
 - Physical activity
 - Deep breathing
 - Meditation
 - Learn to say no
 - Journal

What do you want to add to your plan?

(An arrow points from the 'How to Build Resilience' section to this form.)

NOW _____

LATER _____

Digital Habits

- Assess current digital relationships.
- Don't charge smartphones in your bedroom.
- Turn off all notifications – except from people.
- Restrict phone use around people.
- Have others join you.
- Find other things to do.

How to Say No

- Say no.
- Be brief.
- Be honest.
- Be respectful.
- Be ready to repeat.

<https://www.nedratawwab.com/> - Set Boundaries, Find Peace a Guide to Reclaiming Yourself

Habit Stacking

After/Before [CURRENT HABIT], I will [NEW HABIT].

After/Before I eat lunch, I will journal 10 minutes.

After/Before _____, I will _____.

After/Before _____, I will _____.

After/Before _____, I will _____.

Building Resilience Review

- Expect the unexpected.
- Plan for success.
- Be mindful of thoughts and reactions.
- Control only what you can control - you.
- Create community.
- Practice optimism.
- Learn from failure.
- Prioritize thriving.

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