

Building Your Resilience

Daily Practices for Your Mind and Body

Resilience is an inner strength that can help you bounce back from life's setbacks or make adapting to challenging situations more manageable. You can develop and build resilience through simple actions or thoughts practiced daily, from learning to relax your mind and body to managing your time to avoid feeling stressed or overwhelmed. Having tools and resources readily available to you can help you cope with stressful situations in healthy ways.



Resources to Build Your Toolkit

This flyer with live links can be found at SchoolsInsuranceGroup.com/sigwellness



[Breathing Exercise for Relaxation](#)



[Improving Your Sleep](#)



[Relaxing Your Mind and Body](#)



[Doing Meditation](#)



[Managing Your Time](#)



[Stop Negative Thoughts](#)



[Guided Imagery to Relax](#)



[Practicing Yoga to Relax](#)



[What is your stress level?](#)



[How well do you bounce back?](#)



[Progressive Muscle Relaxation](#)