



CULTIVATE HAPPINESS AND SELF-CARE THROUGH RESILIENCY

QUICK FACT

79% OF AMERICANS
FEEL STRESS
DURING THEIR DAY²

Starting a gratitude practice can give you a sense of fulfillment and help to build resiliency. There are numerous mental benefits, like preventing symptoms of anxiety and depression, as well as tangible physical benefits. Those who implement a gratitude practice into their lives have reported benefits like a stronger immune system, lower blood pressure, and fewer aches and pains.

Being resilient is having the ability to overcome adversity and choose to have a positive outlook on life's stress. Resiliency is understanding and actively working through emotions with mindfulness. When external stress occurs, being able to adapt and self-manage that stress is being resilient. The main point is to learn from failure and use it as feedback for the future.

This is not a practice that can be mastered overnight. Continuing to learn and grow from experiences and stress can help to build a resilient mind and body.

HERE ARE A FEW MINDFULNESS PRACTICES TO GET STARTED.

Show gratitude

Make an effort to acknowledge the people and things in life that bring joy.

Recognize Accomplishments

Life moves quickly. When a milestone is met or a goal achieved, it's important to take the time to acknowledge the hard work it took.

Practice Self-care

When taking care of other people and tasks, it's easy to forget to take care of your own mental and physical health. Make sure your own needs are being met. Getting enough sleep, drinking water, and moving your body are all great starts to practice self-care.

²2017 Gallup Poll "Eight in 10 Americans Afflicted by Stress"