

# THE BEST MINDFULNESS TIPS

## BUILD RESILIENCE



# ABOUT THIS BOOK

## Acceptance is not about giving up

If you find yourself looking for help to stay calm, resilience skills can be nurtured, trained and learned.

Resilience is the ability to withstand adversity, and bounce back from difficult times.

It's time to build a muscle of resilience. Connect with others through compassion. We're all in this!



# FIND YOUR BALANCE



What have you been doing to find your balance?

# POSSIBILITIES



Are you accessing and sustaining positive emotion when interpreting possibilities?

# ADAPTION



Are you letting go (both physical and mental) when accepting the new normal?

# UNLOCK



How are you coping with the new changes and unlock?

# GOOD COMPANY



Supportive people give us the space to work around our emotions. Keep good company.

# RITUALS



Leaning on rituals to help us restore our sense of control.  
Exercise is a ritual too!

# RECHARGE



What's on your self-care list? How about

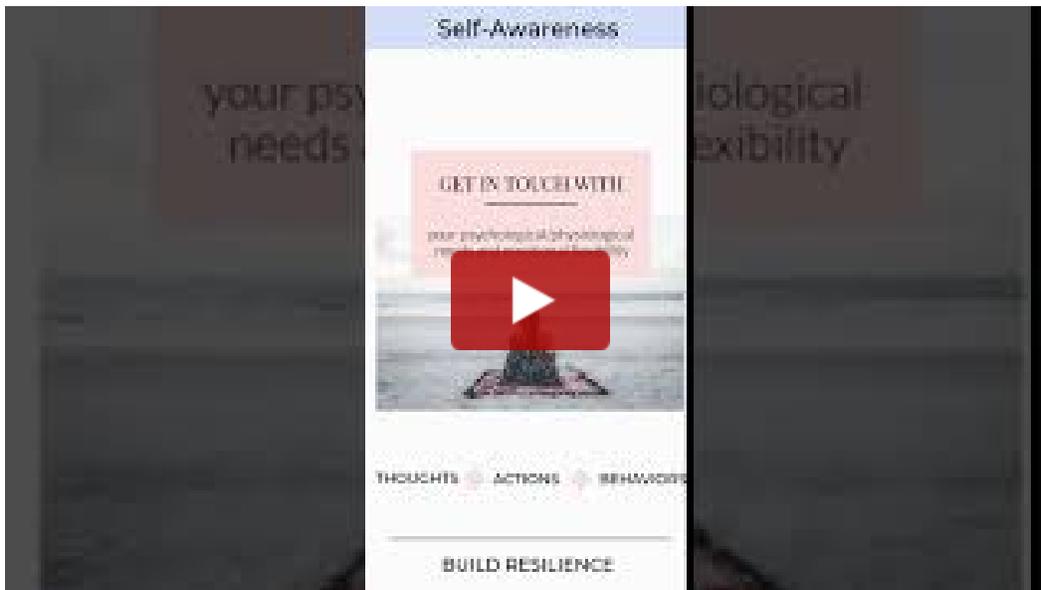
- Keeping a collection of inspiring quotes
- Supporting others
- Journaling
- Feeling our emotions
- Remembering we're not alone
- Unwinding with a bath
- Listening to motivational music
- Creating a mantra
- Practice mindfulness in the moment
- Breathe in breathe out

# NO JUDGMENT



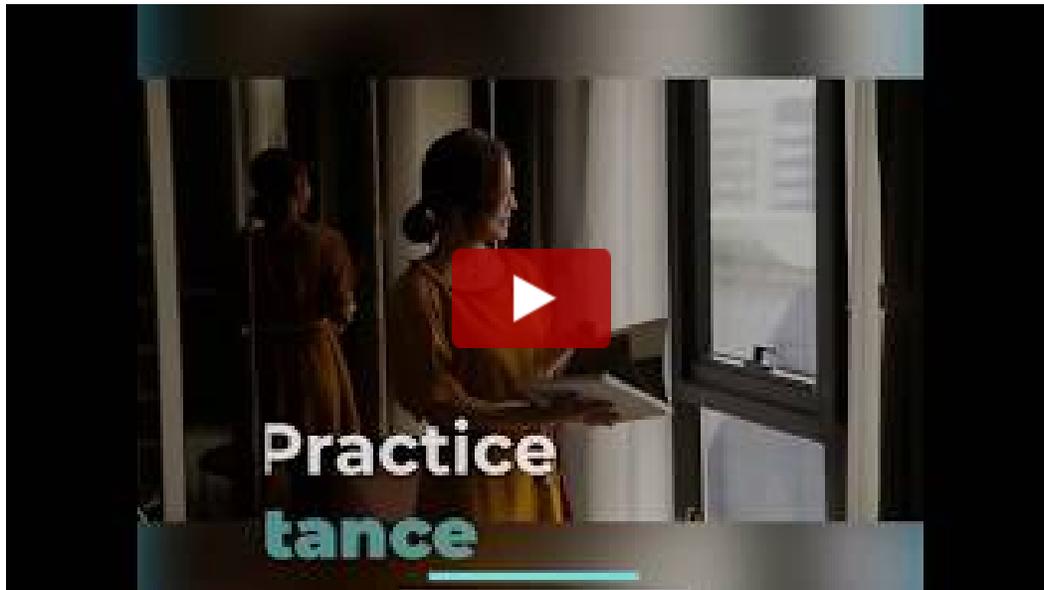
Accept what is and embrace change.

# SELF-AWARENESS



Are you consciously aware living in the moment? Use your body as feedback.

# PRACTICE ACCEPTANCE



Practice Practice Practice!

# WRITE IT DOWN



We don't have all the answers. It's okay not to have it all figured out right now. Have pen and paper ready. write it onto paper!

# RESILIENCE MUSCLE



We all have the ability to thrive despite of the challenges on hand. We all can develop resilience. It involves thoughts, actions and behaviors that can be learned.

# F.E.A.R.



Calm down and look out of the window. Remember a time of resiliency in your past. You prove to yourself that you did it before.

# HOPE



See the bigger picture and stay hopeful!



# RECONNECT ONLINE

Virtual Event Without Walls Live Events

**INSPIRE SHARE PLAY**

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Support Each Other  
**Reconnect With Our  
Resiliency!**

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