RESILIENCE IS “THE CORE STRENGTH YOU USE TO LIFT THE LOAD OF LIFE.

— AMIT SOOD, MD
Four Types

Physical - Your Body

The body’s ability to adapt to challenges, maintain stamina and strength, and recover quickly and efficiently.

Your Mind
Your Purpose
Your Emotions
Adopting a healthy lifestyle that includes balanced meals and regular exercise requires resilience.

HTTPS://WWW.MYLIFEVALUES.COM/USERNAME AND PASSWORD IS COVA
Build Physical Resilience

- Breathe
- Drink Water
- Eat
- Move
- Sleep
MINDFUL BREATHING

- Focus your attention on your breath, the inhale and exhale.
- You can do this while standing, or laying down.
- Your eyes may be open or closed, but you may find it easier to maintain your focus if you close your eyes.
- This practice can help when you’re feeling stressed or anxious.
Drink Water

SET A TIMER
Remind yourself to get a drink of water.

TRY INFUSED WATER
Chop up some fruit, such as strawberries or oranges, and add the slices to a pitcher of water. The drink will be so refreshing and tasty, you won’t be able to stop yourself from drinking the whole thing.

RECIPES
https://www.tasteofhome.com/collection/drink-more-water/
Eat Healthy

EAT FOR STABLE ENERGY
Eat three meals a day and never skip breakfast - This helps you keep your blood sugar even. Blood sugar dips either from not eating or as a rebound after eating something too sweet or starchy. This triggers adrenalin release, which triggers stress.

HEALTHY EATING
https://www.cdc.gov/healthyweight/healthy_eating/index.html
REGULAR EXERCISE
It is not just about being fit, regular exercise is proven to increase mental performance and increasing your ability to learn.

HOW TO EXERCISE AT HOME DURING CORONAVIRUS OUTBREAK
HTTPS://WWW.VERYWELLFIT.COM/BEST-WAYS-TO-EXERCISE-AT-HOME-1231142

LINKEDIN LEARNING
CHAIR WORK: YOGA FITNESS AND STRETCHING AT YOUR DESK
Adequate sleep support interpersonal functioning by influencing mood, cognitive flexibility, and frustration tolerance. It can also facilitate learning and the retention of new information.

National Sleep Foundation
https://www.sleepfoundation.org/articles/healthy-sleep-tips

LinkedIn Learning
Sleep is your superpower
THANK YOU!

Marilyn Baylon
Training Consultant
mbaylon@odu.edu

Debbie Couch
Training Consultant
dcouch@odu.edu