




# Tracking **your resilience**

Resilience is a personal strength or attribute that allows you to handle setbacks, manage stress, overcome adversity, adapt to change and maintain a “never give up” attitude. Some people are lucky to be resilient by nature, but most people have to work toward it. **Using the resilience tracker on your Health Advocate website can help you identify and complete activities that will strengthen your resilience.**

 <b>Social Engagement</b>		 <b>Self-awareness and Self-care</b>		 <b>Attention and Focus</b>	
<input type="checkbox"/>	Volunteer	<input type="checkbox"/>	Exercise regularly	<input type="checkbox"/>	Repeat a mantra
<input type="checkbox"/>	Help brighten the day of those around you by doing something good for them	<input type="checkbox"/>	Say positive affirmations to yourself	<input type="checkbox"/>	Complete memory and attention exercises
<input type="checkbox"/>	Write a thank you note even if you don't plan on sending it	<input type="checkbox"/>	Practice self-compassion	<input type="checkbox"/>	Practice deep breathing
<input type="checkbox"/>	Ask thoughtful questions when speaking to others	<input type="checkbox"/>	Sleep 7-9 hours each night	<input type="checkbox"/>	Do something with the opposite hand each day
<input type="checkbox"/>	Pay attention to what others are saying	<input type="checkbox"/>	Journal	<input type="checkbox"/>	Take a moment to visualize
<input type="checkbox"/>	Limit your screen time when with others	<input type="checkbox"/>	Practice yoga	<input type="checkbox"/>	Spend time in your religious or spiritual activities
<input type="checkbox"/>	Show that you are listening by providing non-judgmental feedback	<input type="checkbox"/>	Meditate	<input type="checkbox"/>	Try progressive muscle relaxation
<input type="checkbox"/>	Write a thank you note to yourself	<input type="checkbox"/>	Do Tai chi or Qi gong	<input type="checkbox"/>	Pause for a moment of reflection
<input type="checkbox"/>	Put down your device and interact with people around you	<input type="checkbox"/>	Play and laugh	<input type="checkbox"/>	Use thought-stopping exercises
<input type="checkbox"/>	Perform a random act of kindness	<input type="checkbox"/>	Self-reflect	<input type="checkbox"/>	Think about the things you're grateful for

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