

Resilience Reminders

Check in ♥ Reflect on habits around sleeping, eating & movement

♥ Make time to be still and quiet
♥ Allow yourself to try new things
♥ Give yourself permission to say “no” to what drains you

Create space

Connect ♥ Video chat with friends and loved ones
♥ Spend time with pets
♥ Find someone who supports you in listening to your true feelings
♥ Ask for help when you need it
♥ Connect to something that feels bigger than you



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