

# RESILIENCE BOOSTER!

During this stressful time, it is important to care for your psychological health.

## RESILIENCE

A process of navigating psychological, social, cultural, and physical resources in order to sustain or regain wellbeing.

## CAPACITY

Our ability to use resources.

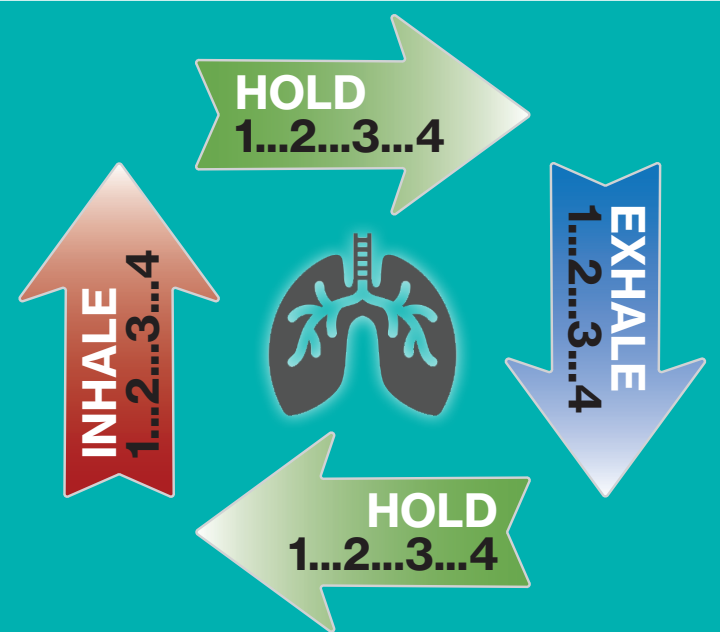
- Respond mindfully to stressors rather than reacting.
- Use planning, clear thinking and communication.
- Trust yourself, your skills, and your crews.



## BOX BREATHING

Practice breathing deeply (until your abdomen rises).

- Breathe in for 4 seconds, hold for 4. Then, out for 4, hold for 4. Repeat.



## REALISTIC OPTIMISM

- Avoid wasting energy on what we can't control.
- Put energy and focus on positive words and actions.
- This increases our ability to have better impact and outcomes.



**PROACTIVE**

For more information about support, reach out to:



Association canadienne pour la santé mentale  
La santé mentale pour tous

