



# Building Resilience Through Daily Habits



Resilience isn't a fixed trait; it's a muscle you build through consistent, small actions. Use these daily habits to strengthen your mental and emotional well-being.

## Fuel Your Foundation

- **Prioritize Sleep**
  - Aim for 7–9 hours to help your brain process emotions and stress.
- **Move Your Body**
  - Just 20 minutes of walking or stretching lowers cortisol and boosts mood.
- **Mindful Eating**
  - Choose whole foods that provide steady energy throughout the day.


## Train Your Mind


- **Practice Gratitude**
  - Note three specific things you're thankful for to reframe your perspective.
- **Box Breathing**
  - Use 4-second breath intervals to calm your nervous system during tense moments.
- **Limit Information**
  - Take breaks from news and social media to reduce mental clutter.

## Deepen Connections

- **Reach Out**
  - Send one text or make one call daily to stay connected with your support system.
- **Set Boundaries**
  - Say "no" to tasks that drain your energy without adding value.
- **Reflect & Release**
  - Spend five minutes journaling at night to clear your head before bed.

**Small habits, big impact. Start with one today.**

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