**Resilience Activities**

* **Create a Nourishment List** – take time to write down everything that makes you happy (brings you joy). Could be anything from walking the dog to eating your favourite meal, to having a cup of tea with your friend (big and small). Try and make sure that you do something nourishing three or four times a day – try to keep it healthy – not lots of chocolate bars! Try and plan these in to your day and really savour the moment.
* **A practice of meditation** – being present in the moment – aware of our thoughts and patterns of thinking. A chance to re-connect the body and mind - 3 minute Breathing Space. Sit somewhere where you are comfortable. Place your feet firmly on the ground and if you feel safe close your eyes. Begin by noticing the breath as you breath in through your nose and out through your nose. Notice if your breathing is deep or shallow – fast or slow. Begin to breath deeply so that you feel the breath in the abdomen. Try and keep focused on the breath – if the mind wanders off (and it will!) gently bring it back again to the breath – set a 3 minute timer and do this activity as often as you can. If you struggle to concentrate count the breath in for 4 and out for 4.
* **Imagining happy experiences** (**anchoring**)– by actively imagining feelings of happiness or recalling happy experiences it can help train your brain to be less stressed and anxious.
* Try and sit for 5 minutes each day and think of a happy event – really savour how you felt – the emotions – taste- feelings in the body.
* The more time you spend making this a visually strong experience the easier it will be to relive the positive emotion. Visualize the space you were in – were you alone or with others? Sitting or standing? Warm or Cold? Was it a bright day or a stormy day? Was there a sense of smell, taste? How did your body react to these happy emotions?
* The more you do this activity the easier it will become to recall these emotions when you need them – in anxious or stressful situations
* **Befriending meditation –** wishing yourself well – cultivating friendship towards yourself**.** Anytime you feel self-critical or you start to focus on what you think are failures or inadequacies. Find a quiet space to sit or a quiet walk and repeat these words to yourself.

**“May I be safe and free from suffering – may I be as happy and healthy as it is possible for me to be. May I have ease of being”**

Take your time imagine each phrase is like a pebble being dropped down a deep well – savour each word and be aware of any thoughts and feelings that may surface (also fine not to feel anything). The more you do this activity the more you nourish yourself

* **A Gratitude Journal**

At the end of each day write down 3 positive things that have happened to you through the day – big or small – events that have made you smile or think in a more positive way.

*These activities are to help – if you don’t do them don’t criticize yourself!*

*Based on the work of the following authors:*

* ***Mark Williams and Danny Penman” Mindfulness – finding peace in a frantic world”***
* ***James Baraz and Shoshana Alexander – “Awakening Joy”***
* ***Martin Seligman – “Flourish”***

**Mental Toughness Psychometric Test and Research visit:**

[**https://aqrinternational.co,uk**](https://aqrinternational.co,uk)

**Free access to the Nicholson McBride Resilience Questionnaire**

<https://www.nwpgmd.nhs.uk/sites/default/files/resiliencequestionnaire.pdf>