

SID JACOBSON JCC'S

# CONQUERING WORRIES

## RESILIENCE CHALLENGE

### WHAT IS THE CHALLENGE?

Welcome to the Resilience Challenge, a holistic journey aimed at strengthening our ability to thrive in the face of life's demands.

Resilience is not only about bouncing back from difficult times but also about building a foundation for wellbeing. Throughout each experience, you are invited to engage in activities designed to enhance various aspects of your emotional and physical stability.

The Resilience Challenge recognizes that a well-balanced approach to fostering positive habits is a cornerstone of optimal mental health.

**Are you ready to be transformed?**

### WHAT IS THE LINK BETWEEN “CONQUERING WORRIES” AND RESILIENCE?

Conquering worries is a powerful act of resilience. When we learn to face our anxious thoughts with curiosity, courage, and compassion, we strengthen our ability to bounce back from stress and uncertainty.

**During this challenge, focus on mental and emotional health by taking small, meaningful steps to manage worry and build emotional strength—one moment, one breath, one choice at a time.**



# CONQUERING WORRIES

<b>1</b> List three things that went right today <input type="checkbox"/> COMPLETED	<b>2</b> Take five deep belly breaths <input type="checkbox"/> COMPLETED	<b>3</b> Try a “worry dump” - journal for five minutes nonstop <input type="checkbox"/> COMPLETED	<b>4</b> Repeat this mantra: “I can handle this.” <input type="checkbox"/> COMPLETED
<b>5</b> Do one thing you’ve been putting off <input type="checkbox"/> COMPLETED	<b>6</b> Take a break from the news and social media <input type="checkbox"/> COMPLETED	<b>7</b> Drink a glass of water slowly and mindfully <input type="checkbox"/> COMPLETED	<b>8</b> Color, doodle, or draw something calming <input type="checkbox"/> COMPLETED
<b>9</b> Close your eyes and listen to your favorite song <input type="checkbox"/> COMPLETED	<b>10</b> Call or text someone who makes you feel safe <input type="checkbox"/> COMPLETED	<b>11</b> Sit still and notice where worry shows up in your body <input type="checkbox"/> COMPLETED	<b>12</b> Write your worry on paper, then rip it up <input type="checkbox"/> COMPLETED
<b>13</b> Say something kind to yourself in the mirror <input type="checkbox"/> COMPLETED	<b>14</b> Try progressive muscle relaxation <input type="checkbox"/> COMPLETED	<b>15</b> Register for “Craft a Moment for Self-Care” and make a worry doll <input type="checkbox"/> COMPLETED	<b>16</b> Do a small act of kindness for someone else <input type="checkbox"/> COMPLETED

## PAUSE AND REFLECT

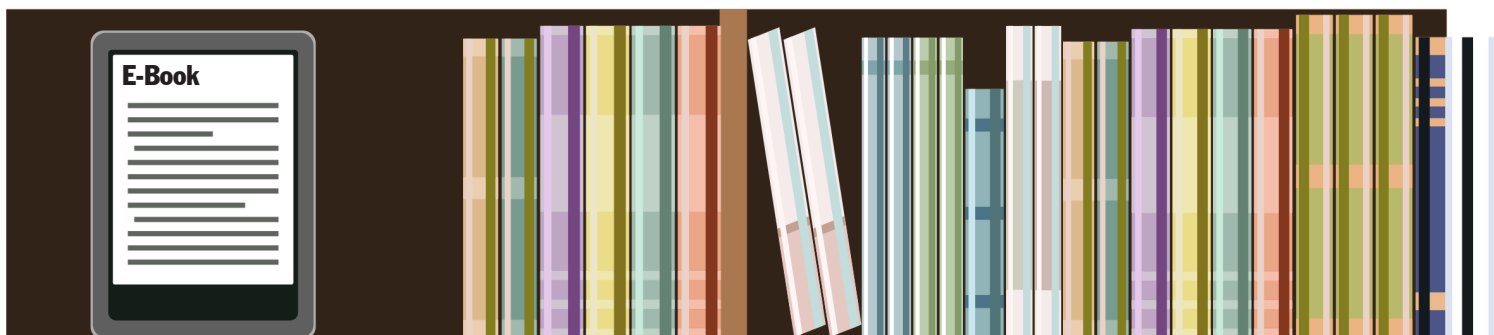
Consider how these self-care activities influenced your mood, energy, and mindset. Journal your thoughts and discoveries to deepen your resilience journey.

# SID JACOBSON JCC'S MENTAL HEALTH AND WELLBEING EBOOK COLLECTION

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## **“CONQUERING WORRIES” FEATURED TITLES INCLUDE:**

*The Mindfulness and Acceptance Workbook for Teen Anxiety:  
Activities to Help You Overcome Fears and Worries  
Using Acceptance and Commitment Therapy*

**Sheri L. Turrell, Christopher McCurry, Mary Bell, and Louise L. Hayes**

*Mindscape: What to Think about Instead of Worrying*  
**Timothy Z. Witmer**

*Worrying Is Optional:  
Break the Cycle of Anxiety and Rumination That Keeps You Stuck*  
**Ben Eckstein and Lisa W. Coyne**



FOR MORE INFORMATION, CONTACT

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