



SID JACOBSON JCC'S DR. GAYLE R. BERG CENTER FOR PSYCHOLOGICAL RESILIENCE

EXPRESS YOURSELF

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 well-being. 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 optimal mental health.

WHAT IS THE LINK BETWEEN COMMUNICATION AND RESILIENCE?

Effective communication skills enable individuals to foster supportive relationships and build networks that provide crucial support, ultimately bolstering resilience when we must navigate challenging situations.



TIPS FOR EFFECTIVE COMMUNICATION

<h2>1</h2> <p>Use “I” statements to express thoughts and feelings during difficult conversations.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>2</h2> <p>Ask open-ended questions to encourage deeper conversation.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>3</h2> <p>Initiate a difficult conversation you’ve been avoiding. Focus on constructive dialogue.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>4</h2> <p>Practice patience. Allow others to express themselves fully before responding.</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>5</h2> <p>Embrace vulnerability by sharing a personal story with someone you trust.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>6</h2> <p>Practice empathy by putting yourself in the other person’s shoes.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>7</h2> <p>Analyze your tone, ensuring it aligns with your intended message.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>8</h2> <p>Experiment with different communication mediums like video calls or voice messages.</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>9</h2> <p>Identify filler words “um,” “like,” “uh,” and eliminate them from your speech.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>10</h2> <p>Pay attention to your body language.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>11</h2> <p>Practice saying ‘no’ assertively and respectfully when necessary.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>12</h2> <p>Use mirroring techniques to establish rapport in conversation.</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>13</h2> <p>Practice active listening. Listen without interrupting.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>14</h2> <p>Start a conversation with someone new.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>15</h2> <p>Enhance face-to-face interactions by putting your phone away.</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>16</h2> <p>Maintain good eye contact to show interest and understanding.</p> <p><input type="checkbox"/> COMPLETED</p>

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.



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THIS MONTH'S FEATURED TITLES INCLUDE:

*The Messages Workbook: Powerful Strategies
for Effective Communication at Work and Home*
by Martha Davis, PhD, Patrick Fanning, and Kim Paleg PhD

*How to Start and Make a Conversation:
How to Talk to Anyone in 30 Seconds or Less*
by Chris Gottschalk

*52 E-mails to Transform Your Marriage:
How to Reignite Intimacy and Rebuild Your Relationship*
by Samantha Rodman

*How to Listen So Men Will Talk: 4 Steps to Get
Men Talking About Their Mental Health*
by Tom Chapman



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