

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



SELF-CARE 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 month-long 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.

Are you ready to embark on a transformative month?



WHAT IS THE LINK BETWEEN SELF-CARE AND RESILIENCE?

Self-care involves intentional actions to maintain and improve one's wellbeing. By prioritizing self-care, individuals can recharge emotionally and physically, better equipping themselves to cope with stress and adversity.

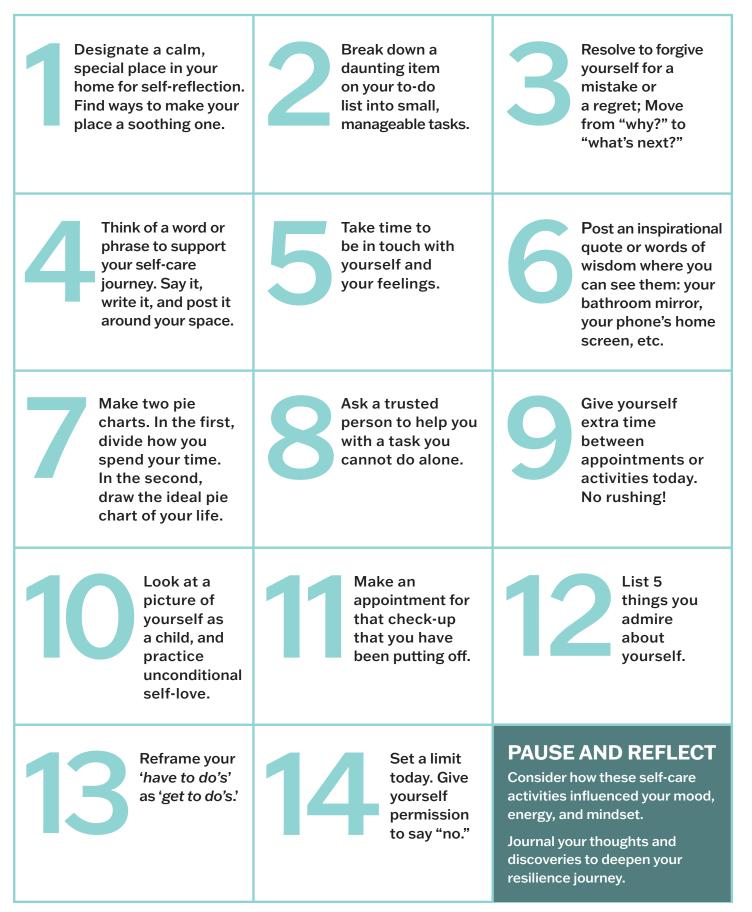
It contributes to resilience by:

- fostering emotional regulation
- reducing burnout
- promoting a positive mindset

Practicing self-care provides the foundation to navigate challenges more effectively and promotes overall resilience throughout life's ups and downs.



TIPS FOR SELF-CARE





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THIS MONTH'S FEATURED TITLES INCLUDE:

The Happy Empath's Little Book of Affirmations: Mindful Mantras for Daily Self-Care by Stephanie Jameson The Extremely Busy Woman's Guide to Self-Care: Do Less, Achieve More, and Live the Life You Want by Suzanne Falter The Complete Guide to Self-Care: Best Practices for a Healthier and Happier You by Kiki Ely







FOR MORE INFORMATION, CONTACT LISA KORMAN, PSYD, DIRECTOR, DR. GAYLE R. BERG CENTER FOR PSYCHOLOGICAL RESILIENCE

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