



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

1 Designate a calm, special place in your home for self-reflection. Find ways to make your place a soothing one.

2 Break down a daunting item on your to-do list into small, manageable tasks.

3 Resolve to forgive yourself for a mistake or a regret; Move from “why?” to “what’s next?”

4 Think of a word or phrase to support your self-care journey. Say it, write it, and post it around your space.

5 Take time to be in touch with yourself and your feelings.

6 Post an inspirational quote or words of wisdom where you can see them: your bathroom mirror, your phone’s home screen, etc.

7 Make two pie charts. In the first, divide how you spend your time. In the second, draw the ideal pie chart of your life.

8 Ask a trusted person to help you with a task you cannot do alone.

9 Give yourself extra time between appointments or activities today. No rushing!

10 Look at a picture of yourself as a child, and practice unconditional self-love.

11 Make an appointment for that check-up that you have been putting off.

12 List 5 things you admire about yourself.

13 Reframe your ‘have to do’s’ as ‘get to do’s.’

14 Set a limit today. Give yourself permission to say “no.”

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 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



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