

# Bounce Back

## Manage Your Physical Energy

- Practice restorative sleeping habits.
- Discover spiritual habits useful for relaxation.
- Know how many days in a row you can work before needing a break.
- Select exercise that you can most enjoy.
- When is the last time you had positive physical contact with someone?

## Keep Perspective

- Accept what you cannot change and focus on what you can change.
- Acknowledge what you do well and celebrate success.
- Remember you have limits and honor them.
- Find ways to laugh and enjoy life that help you maintain realistic optimism.

## Find Meaning, Purpose, and Growth

- How do you define or explain your sense of purpose?
- Are you living your values at home and in your work?
- Are you satisfied with how you are living your talents?
- Discover how spirituality fits into your life.
- What are you willing to struggle for in life?

## Build Connection

- Who can you turn to for support—what type of support does each person offer?
- In what ways can you support others?
- Is there someone you want to start being more genuine with?
- Who is a role model of who you want to be in your work and life? Who is a model of who you don't want to be?

## Enhance Emotional Intelligence and Skills

- In stressful situations create worse version and better version stories.
- Can you be flexible with your mood and emotions when needed and wanted?
- Do you know the difference between your emotions and the emotions of those around you?
- How do your "go to" coping strategies limit you and strengthen you?



# 50 Ways to Take a Break

- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Fly a Kite
- Watch the stars
- Write a Letter
- Learn something **NEW**
- Listen to a guided relaxation
- Read a Book
- Sit in NATURE
- 2x Move twice as slowly
- Take Deep Belly Breaths
- MEDITATE
- Call a Friend
- Meander around Town
- Notice your Body
- Buy some Flowers
- Find a relaxing scent
- Walk Outside
- Go for a run
- Take a bike ride
- Create your own coffee break
- View some ART
- Turn off all electronics
- Pet a furry creature
- Examine an everyday object with Fresh Eyes
- Go to a Park
- Drive somewhere **NEW**
- Read or watch something FUNNY
- Engage in small acts of KINDNESS
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks
- Let go of something
- Forgive someone
- Engage in small acts of KINDNESS
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks
- Color with Crayons
- Make some MUSIC
- Climb a Tree
- Let go of something
- Forgive someone
- Engage in small acts of KINDNESS
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks