



## Build Resilience = Take Back Control

# 3 stress detox strategies 9 micro steps

**Resilience** is your ability to adapt to change. We are **resilient** when we understand our own and other's reaction to change, and when we're able to recognize our stress levels are getting too high and do something to reduce stress.

	Develop Routines	Back to Basics	Check In
<b>What micro step will you take for this stress detox strategy?</b>	<input type="checkbox"/> Work / life transition <input type="checkbox"/> Social Connections <input type="checkbox"/> News consumption	<input type="checkbox"/> Hydrate <input type="checkbox"/> Exercise <input type="checkbox"/> Eat a nutrient dense diet	<input type="checkbox"/> Acknowledge your feelings <input type="checkbox"/> Alternate nostril breathing <input type="checkbox"/> Meditate
<b>What is your specific routine for your selected micro step?</b>			
<b>Did you take action? Yes/No</b>			