

The Road to Resilience

In times of stress or crisis, we have a choice.
Learn to face your fears and become resilient.



Calm Yourself

"An anxious mind cannot exist in a relaxed body."
Dr. Edmund Jacobson



Deep Breathing

Increases the supply of oxygen to your brain, stimulates the vagus nerve promoting calmness.



Physical Exercise

Reduces stress hormones and produces endorphins which act as painkillers and mood enhancers.



Journaling

Writing down negative thoughts clears them from your mind.



Spend Time Outdoors

Exposure to nature reduces blood pressure, tension and stress hormones.



Limit Phone Usage

High mobile phone use is associated with stress and sleep disturbances.

When we react to stress or fear we are unable to think rationally.
Take the time to breathe and you will calm down and make better decisions.

