



Resilience at Work Challenge Log

**** FOR PERSONAL USE ONLY ****

Step 1: Take "[How Well Do You Bounce Back?](#)," an online quiz that measures your resiliency. *My score:* _____ (NOTE: This score will not be shared.)

Step 2: Try any of the below actions anytime you need them during your work week. CIRCLE the actions that help you bounce back and build resiliency; aiming to choose 1 action that represents each letter of "RESILIENT" for yourself. (For example: R = Reach out for support, E = Express thanks, S = Solve problems, etc.)

R	Relax your mind & body through techniques such as deep breathing & guided imagery .	Reach out for support. It can help to talk with a counselor .	Remember how strong you are.
E	Examine how & why you feel the way you do when things <i>change</i> .	Express gratitude for the good you see around you.	Embrace " realistic optimism ." Identify challenges & overcome them by focusing on what <i>is</i> solvable.
S	See the good side of bad situations.	Seek out interactions with people who make you feel better.	Solve problems. Look at all aspects of a problem & brainstorm solutions. Ask others for suggestions.
I	Imagine how this event may help you in the future.	Improve your outlook by reframing your thoughts in a positive way.	Incorporate self check-ins into your schedule. Monitor yourself for signs of increased stress.
L	Look at change as a challenge rather than a threat.	Learn from your past. Remember the wisdom & strength you gained from challenging experiences.	Look for things to learn. Difficult or emotional situations can teach you about yourself.
I	Increase your dedication to your health & well-being.	Inspire yourself by looking to the actions of historical & current heroes in the face of great adversity ("resilience role models").	If you feel overwhelmed, have a plan for where to go & how to seek help for your physical & mental health needs.
E	Expect things to work out. You can't change what happens, but you can change how you feel about it.	Entertain your interests & hobbies - even for a few minutes. (Not sure where to start? Think of topics that interest you & then explore possibilities.)	Enjoy the present moment - not dwelling on something that happened in the past, not obsessing about the future.
N	Nix negativity. Limit your media exposure or restrict it to positive & uplifting sources (including people).	Note what helps you in stressful times & then build on it. (For example, if you cope by deep breathing & stretching, add walking or yoga.)	Notice how you are feeling. Say the name of the feeling to yourself. Consider what might be triggering this feeling.
T	Take good care of yourself.	Talk about how you are feeling & manage your emotions.	Truly believe in yourself. Focus on your strengths & successes to help you become more confident & self-reliant.



**WORKING FOR A
HEALTHIER TN**



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Step 3: Re-take "[How Well Do You Bounce Back?](#)," an online quiz that measures your resiliency. *My score:* _____ (NOTE: This score will not be shared.)

Step 4: Let us know you participated [HERE!](#)



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