



SID JACOBSON JCC'S DR. GAYLE R. BERG CENTER FOR PSYCHOLOGICAL RESILIENCE

GETTING OUT OF YOUR COMFORT ZONE

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 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.



WHAT IS THE LINK BETWEEN GETTING OUT OF YOUR COMFORT ZONE AND RESILIENCE?

Getting out of your “comfort zone” is like flexing a muscle to make yourself stronger. By challenging yourself with new experiences, you cultivate adaptability, courage, and resourcefulness. Stepping beyond familiar boundaries fosters personal growth, builds confidence, and teaches invaluable lessons in overcoming obstacles.

Embracing discomfort fosters resilience and prepares us to navigate life's uncertainties with greater ease and confidence.

TIPS FOR GETTING OUT OF YOUR COMFORT ZONE

<h2>1</h2> <p>Find your voice through song and belt out karaoke</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>2</h2> <p>Reconnect with an old friend you've been missing</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>3</h2> <p>Give honest feedback and provide examples</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>4</h2> <p>Start a conversation with a stranger</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>5</h2> <p>Go somewhere you've never been before</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>6</h2> <p>Sign up for a course or lecture on a new topic</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>7</h2> <p>Don't wear makeup for a day</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>8</h2> <p>Discover your purpose and be a volunteer sjcc.org/volunteer</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>9</h2> <p>Turn off your phone for a day</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>10</h2> <p>Take a different route to work, or another destination</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>11</h2> <p>Go on a social media or TV detox for a day</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>12</h2> <p>Drive without GPS</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>13</h2> <p>Send someone you love an unexpected package</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>14</h2> <p>Order an adventurous dish or try an exotic recipe</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>15</h2> <p>Switch up your morning routine</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>16</h2> <p>Bask in your own company and see a movie alone</p> <p><input type="checkbox"/> COMPLETED</p>

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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*Hello, Fears: Crush Your Comfort Zone
and Become Who You're Meant to Be*
by Michelle Poler

Be Bold: Manifest Your Dream Life
by Alex Fernandez

*Exploring Practical Perspectives of Emotional
Intelligence: Harnessing the Power Within*
by Lesley Gill



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