

SID JACOBSON JCC'S

GIVE YOURSELF A BREAK

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 wellbeing. 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 of optimal mental health.

Are you ready to be transformed?

WHAT IS THE LINK BETWEEN "GIVING YOURSELF A BREAK" AND RESILIENCE?

When we think about resilience, we often picture pushing through challenges, staying strong, and persevering. But true resilience isn't just about powering forward - it's also about knowing when to pause, rest, and recover.

Taking intentional breaks allows our minds and bodies to reset, reduces stress, and boosts creativity and problem-solving.

By permitting yourself to step back, you build the capacity to step forward with greater clarity, energy, and strength.



GIVE YOURSELF A BREAK

<h2>1</h2> <p>Take a 10-minute walk without your phone</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>2</h2> <p>Say “no” to something non-essential</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>3</h2> <p>Watch the clouds or stare out a window for 5 minutes</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>4</h2> <p>Enjoy a cup of tea or coffee without multi-tasking</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>5</h2> <p>Listen to a favorite song and do nothing else</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>6</h2> <p>Write a positive note to your future self</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>7</h2> <p>Create a playlist that brings you joy</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>8</h2> <p>Do one thing slower than usual and savor it</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>9</h2> <p>Take a tech-free meal break</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>10</h2> <p>Take five deep breaths with your hand over your heart</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>11</h2> <p>Declutter a small space like a shelf or drawer</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>12</h2> <p>Sit with your pet or a comforting object for a few moments</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>13</h2> <p>Massage your hand or temples for a few minutes</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>14</h2> <p>Walk barefoot and think about how it feels</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>15</h2> <p>Light a candle and watch the flame</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>16</h2> <p>Close your eyes and listen to the sounds around you</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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