



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



# LIFESTYLE REBOOT

## 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.

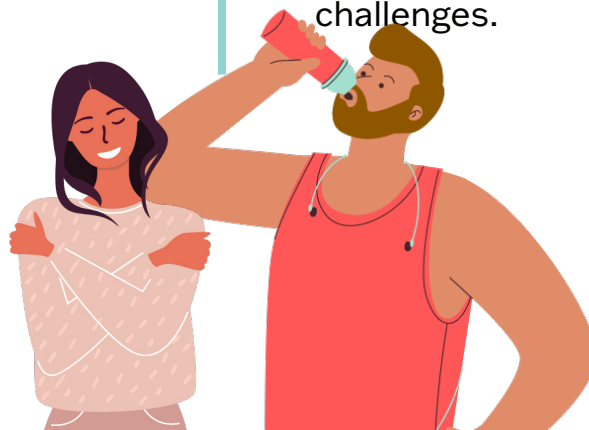
The Resilience Challenge recognizes that a well-balanced approach to fostering positive habits is a cornerstone optimal mental health.

**Are you ready to be transformed?**

### WHAT IS THE LINK BETWEEN A LIFESTYLE REBOOT AND RESILIENCE?

A lifestyle reboot can impact one's wellbeing and resilience by providing an opportunity for introspection, habit change, and personal growth. By reassessing and adjusting daily routines, individuals can cultivate healthier habits and practices, foundations to both physical and mental health.

A reboot fosters adaptability, enhancing our ability to cope with stressors and bounce back from setbacks. Moreover, it promotes a sense of empowerment and self-efficacy, as we take proactive steps to our wellbeing, ultimately leading to increased resilience in the face of life's challenges.



# TIPS FOR A LIFESTYLE REBOOT

<h2>1</h2> <p>Start the day with a healthy, protein-filled breakfast</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>2</h2> <p>Ditch the car and walk, or bike a short-distance trip</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>3</h2> <p>Practice deep breathing exercises before bed</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>4</h2> <p>Include a serving of leafy greens at each meal</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>5</h2> <p>Wake up 30 minutes early for a walk, or some peaceful reflection</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>6</h2> <p>Drink eight glasses of water for a hydration boost</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>7</h2> <p>Aim for 7-8 hours of sleep following a 3-hour “no electronics” window</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>8</h2> <p>Practice mindful eating by savoring each bite without distraction</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>9</h2> <p>Replace a processed snack with whole foods like fruits, nuts or veggies</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>10</h2> <p>Take regular breaks to stretch and move while at work</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>11</h2> <p>Plan and prep your meals in advance</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>12</h2> <p>Pay attention to your posture</p> <p><input type="checkbox"/> COMPLETED</p>
<h2>13</h2> <p>Eliminate added sugar from your diet</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>14</h2> <p>Commit to no-screen meals</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>15</h2> <p>Limit caffeine and sugar intake after noon</p> <p><input type="checkbox"/> COMPLETED</p>	<h2>16</h2> <p>Practice gratitude journaling</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.



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

# MENTAL HEALTH AND WELLBEING EBOOK COLLECTION

AT THE BRYANT LIBRARY

Scan the QR code below to access featured titles and up to 5,000 more!

Access the free subscription using your Bryant Library card remotely,  
and in person at Sid Jacobson JCC or The Bryant Library.



## THIS MONTH'S FEATURED TITLES INCLUDE:

*The Habit Change Workbook:  
How to Break Bad Habits and Form Good Ones*  
by James Claiborn and Cherry Pedrick R.N.

*Find Your Mantra:  
Inspire and Empower Your Life with 75 Positive Affirmations*  
by Aysel Gunar

*Be Bold: A Guide to Unbreakable Confidence*  
by Anna Goldstein



FOR MORE INFORMATION, CONTACT  
**LISA KORMAN, PSYD, DIRECTOR, DR. GAYLE R. BERG  
CENTER FOR PSYCHOLOGICAL RESILIENCE**  
516.484.1545 EXT. 231  
LKORMAN@SJCC.ORG  
SJCC.ORG/RESILIENCE