

M2 Resilience Building Activities

Research suggests that smaller efforts more often yield greater brain rewiring benefits than bigger efforts every now and then. In other words, 5 minutes of practice daily is more impactful to the brain than 1 hour of practice a week. Here are some ideas for small practices yielding big results in developing resilience.

At Least I Can Still....

- Yes, challenges can be destabilizing. Yet we can take a moment to pause and reflect on what is still accessible. “This is unpleasant AND I can still...”

Gratitude List

- Each day list 3 items you appreciate. When chaos and challenges arise, review your daily lists.

Taking in the Good (Rick Hanson)

- Pause and take a moment to revel in the goodness that surrounds you – the blue sky, green grass, the mail being delivered, the garbage being picked up.
- When experiencing a feel-good moment or event, take a few moments to notice and enjoy the feelings present in the body. Take it all in so it becomes imprinted in the neuropathways.

Awe and Wonder Practice

- Wander around your environment inside and outside your home and look for ways to be surprised by everyday things. Perhaps the weed growing in the concrete, the colors of a sunset or varieties of clouds, light streaming through the window.
- Stand in awe when pondering how fire is created, tires are made or how planes fly.

Be and See Kindness

- Set a daily intention to offer kindness in as many ways as possible. Remember small and often is more potent.
- Be on the lookout for the kind actions of others – what we look for we often find.

Hugging

- All it takes is 20 seconds, another “little and often” practice, so give more hugs!
- Pet hugging and self-hugging count. They trigger the body to release oxytocin too.

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