**Building Resilience!**

**You Deserve It!**

***Research shows that taking even 10-15 minutes a day for something you enjoy or love, reduces stress.***

**1. Practice or Learn Mindfulness, Meditation, Yoga or Pilates through UTHSC Mind Body Wellness Center**

**2. Try Gratitude – Identify three things you are grateful or email one person and tell them why you are grateful for them**

**3. Stay Charged or Recharge – “Resilience is about how you recharge, not how you endure.” Shawn Achor**

**4. Read - Love books? – Choose to take 10-15 minutes every day to read a book or listen to a book from a favorite author or on a topic you are passionate.**

**5. Get outside.**

**6. Try unconditional love - animal therapy**

**7. Exercise**

**8. Phone a friend**

**9. Remember why you are doing this? What brought you here? What is your impact?**

**10. Visualize your next success – graduation, mastery a clinical skill, etc.**