

# HEALTHY HABITS



RESILIENCE  
BUILDERS

TIPS	PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL
<b>Repetition Is the key</b>	20-30 minutes moderate exercise	Mindfulness	Mentoring	Gratitude
<b>Keep your standards low to start with</b>	Yoga or stretching 15 – 30 minutes	Journaling	Hobby	Compassionate
<b>Use a cue or trigger</b>	Resistance training 30 – 40 minutes	Reflection	Fun & humour	Non-judgemental
<b>Reward yourself</b>	7-9 hours of quality sleep	Visualisation	Learning	Kindness
<b>Keep yourself accountable</b>	Eat three balanced nutritional daily meals	Breathing	Listening	Humility
<b>Use a mentor or coach</b>	30 – 60 second cold shower	Positive self talk	Connectedness	Forgiveness
<b>Identify your WHY</b>	Minimise sugar and processed packaged foods	Goal setting	Helping others	Patience