



Building Resiliency

Meditation



Meditation Preparation



Silence your phone



Exit out
of email



Create a
quiet
Space



Play
music

Resilience

- Process of coping with adversity
- Bouncing back from difficulties

Resilient Qualities

- Having supportive relationships
- Being adaptable
- Being flexible
- Knowing your strengths
- Having a positive view

How to Build Resiliency

- Maintain a sense of perspective
- Accept change
- Take action
- Anticipate challenges
- Learn how to calm yourself
- Recognize that you always have a choice
- Laugh

Resiliency and Mindful Meditation

- Mindfulness = seeing things as they are in the present moment
- When we see our thoughts and feelings clearly and can offer compassion for the hardship we are experiencing, we increase our resilience



Questions? Contact Us!



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