

The RESILIENT GATOR

A UF WELLNESS INITIATIVE

What does resilience mean to you?

When was the last time you were resilient?

What are your top stressors?

In what areas in your life do you want to be more resilient?

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Your happy moment :

The people who support you:

Your strengths:

What you believe in:

What is your purpose?

What is your goal today, and how will you achieve it?

I am going to do _____ today, and it will give me a sense of accomplishment.

What went well today or yesterday that you are proud of?

Write down the skills and strategies that helped you through the rough the times.

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UF Resources

•Getting Connected at UF: Directory to help you find kindred spirits and opportunities to explore new interests.

<https://worklife.hr.ufl.edu/community/get-connected/>

•Mindfulness at UF: <https://mindfulness.ufl.edu/>

•Yoga and other wellness classes at UF

<https://wellness.hr.ufl.edu/initiatives/programs/#>

Apps

- Relax Melodies,
- Lotus Bud, Smiling
- Mind
- Stop, Breathe & Think
- Virtual Hope Box
- The Now
- MyNoise
- Headspace

UF Worklife and Communication

@WellatUF @uf_atwork

wellness.hr.ufl.edu