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?

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
<table>
<thead>
<tr>
<th>Your happy moment :</th>
<th>The people who support you:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your strengths:</td>
<td>What you believe in:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What is your purpose?</th>
<th>What is your goal today, and how will you achieve it?</th>
</tr>
</thead>
</table>

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 times.
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
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wellness.hr.ufl.edu