



SHOW UP HARD

RESILIENCY LANDSCAPE

ON THE FLY, WHEN NEEDED

*What are quick and easy resiliency investments?
(Mindful-breathing, looking out the window, taking a break, listening to music)*

MONTHLY/QUARTERLY

*What are less frequent but available resiliency investments?
(Vacation, staycation, retreat, offline time)*

WEEKLY

*What are scheduled and regular resiliency investments?
(Exercise, journal, meditation, spiritual practice)*

IN CRISIS

*When things fall apart, what basics are required?
(Types of food, sleep patterns, centering practices)*