

Resilience Recipe

TO STRENGTHEN YOUR
MENTAL HEALTH



USE ALL THESE INGREDIENTS WITH
MINDFULNESS AND GRATITUDE

ACCEPTANCE

Accept those things that you cannot control. What you can control, however, is how you react to any situation.

OPTIMISM

Make a list of the things you are missing right now and imagine how you will enjoy them more in the future.

REALITY CHECK

Remember that any tough challenge will pass. Keep telling yourself: "Everything flows and this too will pass".

DECELERATION

Allow yourself to slow down. Remind yourself throughout the day: "I have enough time to do everything in peace".

VISION OF THE FUTURE

"How can I use this difficult situation to promote my growth?"

NETWORKING

Maintain and strengthen your social contacts. For example, let someone know that you are thinking of them.

SELF RESPONSIBILITY

Take responsibility for your "mental nutrition". For example, reduce the time robber 'social media'.

ENCOUNTER NATURE

Connect with the nature around you and give it a few minutes of your full attention.

BODY AWARENESS

helps you to feel yourself intensely: a loving foot massage or just a wild dance.

"KARMA" YOGA

Cultivate acting selflessly: For example, make someone happy without expecting praise or recognition in return.