



TWELVE BRILLIANT IDEAS TO BUILD YOUR RESILIENCE TO LIFE'S CHALLENGES

Yearly Resiliency Calendar

Maybe it's been a long year, and you want next year to be better. Or perhaps you anticipate a challenging year and want to proactively build in some energy-enhancing practices. Whatever your need, you're sure to find ideas in this inspiring list of resiliency-building practices. Try one or try them all!

January

If your brain overheating from too much thinking and worrying, cool down!

Blog: [Brain Tricks to Stop Negative Thinking and Worrying](#)

February

Create a day of heart-centered self-care.

Blog and planning guide: [Home alone for Valentine's Day? | Managing Stress, Mindfully](#)

March

Four minutes. That's all you need to feel more relaxed with *Fragrant Breathing* guided meditation.

Blog and free audio: [FREE guided meditation: Relax, the quick and easy way](#)

April

Let nature soothe you.

Blog: [How much time in nature is enough?](#)

May

Take a break, even when you don't have time.

Blog: [Mini me-time for family caregiver](#)

June

How you can use *the Relaxation Response* technique to get centered and reduce stress.

Blog and video: [How to Use Dr. Benson's Relaxation Response](#)

July

Share compassion for self and others with the Loving Kindness Metta.

Blog and relaxing audio: [Breathe – Love – Pray for Inner Peace | Managing Stress, Mindfully](#)

August

Find purpose by connecting to what you find meaningful.

Blog: [How do I live in this crazy world?](#)

September

Relax into fall with the Calm and Centered breathing meditation

Blog and free audio: [FREE Guided Meditation: Become Calm and Centered](#)

October

Be centered like the calm eye of the storm.

Blog: [Six Ways to Get Centered, When Chaos Surrounds You](#)

November

Inspiring reflective questions and tips to consider what you want as we move into autumn.

Blog: [Time flies: seasonal self-reflection](#)

December

Get your sleep even when you've had a difficult day. Take a long winter's nap!

Blog: [Three Steps to Power Down Before Sleep](#)

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