

How to **BUILD A RESILIENCY GAME PLAN**

No one becomes resilient by accident. Resilience requires intention. Here's a way you can build a multi-faceted game plan that prepares you to be resilient when the crisis hits - and to stay resilient for as long as the chaos lasts.

- **Choose a practice that will help you track or shape your *feelings*.** Practices like the Action Replay or taking a daily walk in natural beauty are examples of emotion-shaping patterns.
- **Choose a practice that will help you track or shape your *narratives*.** Practices like listening to a daily meditation or emotion-tracing are examples of ways to understand and influence the stories you tell yourself.
- **Choose a practice that will help your *body* be ready to bounce back.** You might consider structuring your life to get a full night sleep each night or exercise on a regular basis.
- **Choose a practice that will enhance the quantity and quality of your *Crew*.** Practices like frequent family dinners or a regular pattern of reaching out to a select group of friends help broaden and deepen the people who will help us navigate crises.
- **Write down the practices** you've chosen in the appropriate columns below. Print it out and put it somewhere you will see it frequently.
- **Share your Resiliency Game Plan with a friend.** Ask them to help you stay on the plan and offer to help them as well.

FEELINGS	THOUGHTS	BODY	RELATIONSHIPS