



Participant Packet

The Be Resilient Challenge will help you overcome life's setbacks and maintain positive relationships with others. Each week of the challenge focuses on a new goal to help you achieve more balance and meaning. Remember mastering new behaviors takes time and practice. Focus on achieving your weekly goal one day at a time and as you do, make sure to record your progress on the Challenge Log.

Goal One: Find the Silver Lining

Research shows it takes three positive experiences or feelings to overcome one negative thought or experience. For the first week of this challenge, start each day by writing down one negative thought, experience, or feeling then next to that write three positive thoughts to replace it. When you're writing your answers down: be realistic, positive and flexible.

Goal Two: Active Relaxation

Studies show that aerobic exercise helps you deal with stress better over time. Dedicated at least 10 minutes each day to exercise with a brisk walk, jog, or run. If you're at work, walk in or around your building. If you're at or near home, take advantage of being outside or go to your fitness facility. Whatever you decide to do, step away from distractions and focus on your breathing while you exercise for that given time.

Goal Three: Open Your Heart

Being of service to others helps you fire-up your resilience. Acts of kindness, such as volunteering, helping a friend or coworker, or making someone else feel good with a compliment all boost serotonin levels, which make YOU ultimately feel good. This week, perform 1 kind act for someone each day.

Goal Four: Be Thankful

Gratitude can go a long way when it comes to building your resilience and being able to cope during stressful times. Gratitude can include an appreciation for someone or something. During the fourth and final week of this challenge, write down three things you are grateful for each day.





Name: _____



Challenge Log

Instructions:

1. Every day you complete weekly goal, put a checkmark in the box.
2. At the end of the month, total your checkmarks and compare to the progress box at the bottom of this page.

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Weekly Total
Week One Write 3 positive statements to 1 negative thought or experience daily								
Week Two Complete at least 10 minutes of aerobic exercise each day								
Week Three Perform 1 kind act for someone each day								
Week Four Write 3 different things you are thankful for each day								

Total Monthly Checkmark Scores:

≥ 27 = Zen Master, 21-27 = Excellent, 14-20 = Great, ≤ 13 = Good

Please return this tracking sheet to Employee Wellness: wellness@weber.edu or MC 3501

by Friday, November 9th



WEBER STATE UNIVERSITY
Employee Wellness