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# Building Resilience After Trauma & Stress.

*Trauma & stress can test our limits. During these moments, we need to tap into our inner resilience. Everyone can develop a resilience with time & practice. Here are four tips to help you develop & tap into your inner resilience:*

## Take Care of Your Body



When we go through stress, our daily habits fall away. We forget to eat, drink water, move our body, or have a regular sleep schedule. If you find yourself forgetting meal times or other bodily needs, set phone reminders.

## Lean on your social support



Trauma and stress makes us want to isolate. We feel alone and misunderstood. But we are a social species and we *need* relationships to be healthy. Practice spending time with others and talking to them, even when it feels difficult.

## Go outside



Some days it's hard to go outside. The world feels dark and scary, or maybe it's been raining for a week. Being outside helps us connect to nature and the larger world. Try practicing a daily walk, even if it's only for five minutes each day.

## Practice gratitude & kind words



The way we talk to ourselves matters. It's easy to fall into the habit of criticizing yourself or focusing on the negative (we're hardwired to pay attention to threats). Take some time to practice gratitude and engage in kind thoughts.

