

# The Road to Resiliency

Resilient people make life style changes that help relieve daily stress and hardship.

*Suggested goals and action plans to start your road to resiliency.*

For the Week of: \_\_\_\_\_

Goal	Action Plan / Completed on	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> S
<b>Exercise</b>	<input type="checkbox"/> Take stairs.	<i>Other</i>
	<input type="checkbox"/> Add more steps to your day.	<input type="checkbox"/> _____
	<input type="checkbox"/> Enjoy a weekly family exercise activity.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
<b>Eat Healthy</b>	<input type="checkbox"/> Eat 5 fresh fruits and vegetables daily.	<i>Other</i>
	<input type="checkbox"/> Eliminate processed and junk foods - gradually.	<input type="checkbox"/> _____
	<input type="checkbox"/> Drink water instead of soda.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
<b>Limit Unhealthy Behaviors</b>	<input type="checkbox"/> Stop smoking.	<i>Other</i>
	<input type="checkbox"/> Reduce alcohol intake.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
		<input type="checkbox"/> _____
<b>Relax</b>	<input type="checkbox"/> Try yoga, meditation or prayer.	<i>Other</i>
	<input type="checkbox"/> Learn a new sport and play with friends.	<input type="checkbox"/> _____
	<input type="checkbox"/> Find a hobby.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
<b>Build Strong Friendships</b>	<input type="checkbox"/> Meet a friend - for lunch, dinner, a movie, or simply to "catch up."	<i>Other</i>
	<input type="checkbox"/> Seek support from friends and friends, especially in times of trouble.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
		<input type="checkbox"/> _____
<b>Sleep</b>	<i>Recommended amount of sleep per night</i>	
	<input type="checkbox"/> Adults need at least 7 hours	<input type="checkbox"/> 3-11 year olds need 10-12 hours
	<input type="checkbox"/> 1-3 year olds need 12 hours	<input type="checkbox"/> 12-18 year olds need 8-10 hours