

# July 2022

## Resilience Calendar

June '22							August '22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4				1	2	3	4
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30			28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"
3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy	8 Reach out to someone you trust and share your feelings with them	9 Avoid saying "must" or "should" to yourself today
10 Put a problem in perspective by seeing the bigger picture	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts
17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time
24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem	29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support
31 Remember we all struggle at times - it's part of being human	1	<b>THEME: JUMP BACK UP JULY</b> "Do not judge me by my successes, judge me by how many times I fell down and got back up." ~Nelson Mandela  Contact the Community Chaplain: <a href="mailto:ebony_only@rush.edu">ebony_only@rush.edu</a>				