

RESILIENCE PLAN

A resource from Tiffany Love, PhD

1

Rest and recover.

2

Set an intention for your day.

3

Exercise (15-minute mile).

4

Unplug from media and social media.

5

Plan nutritious meals every day.

6

Identify activities that generate positive feelings (e.g. inspiring videos, spiritual activities).

7

Stimulate your critical thinking (reading a book).

8

Educate yourself about the issues you're facing (scientific literature review).

9

Reassess your workload and commitments.

10

Create a pleasant home office for telework as needed.