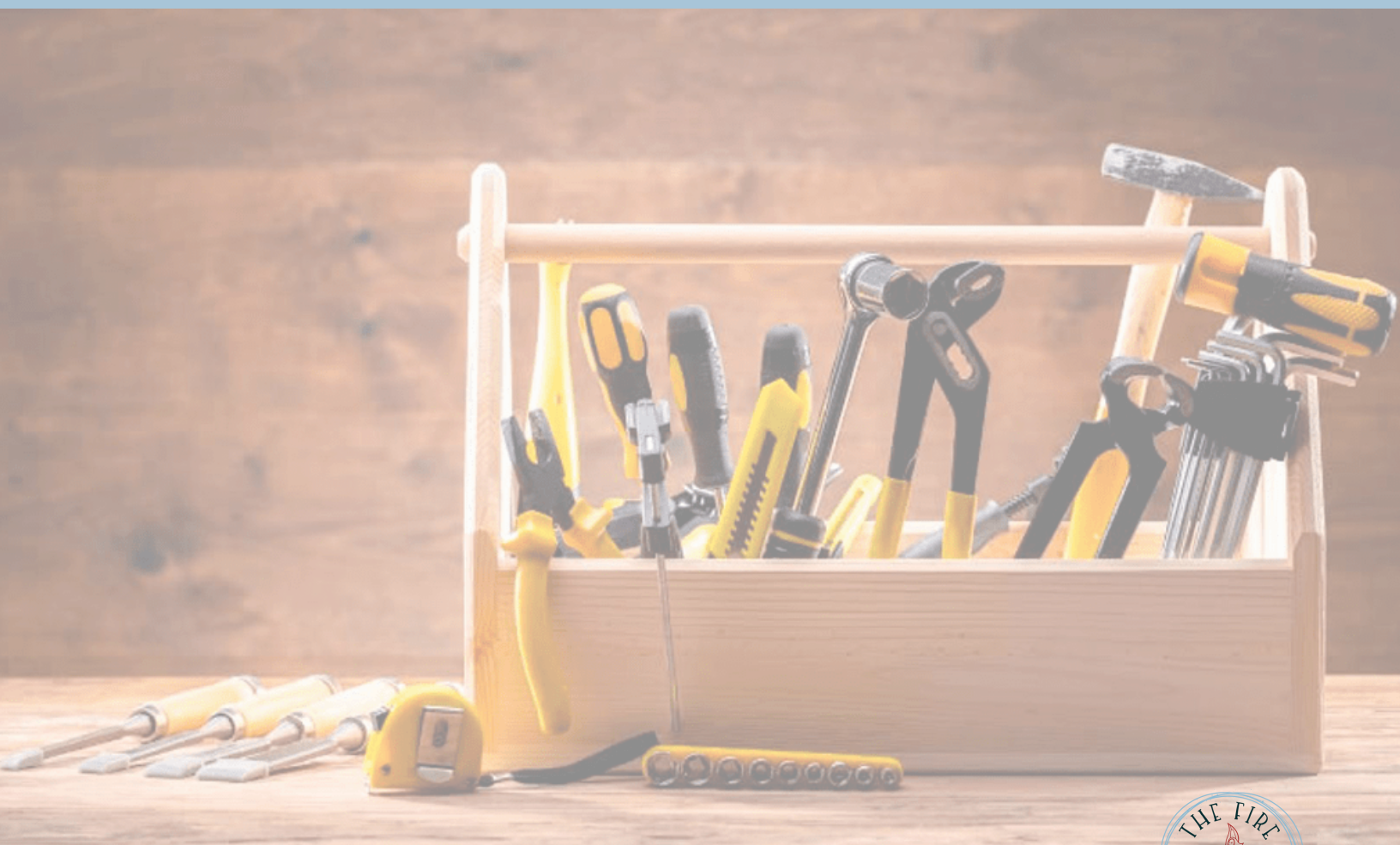


RESILIENCE TOOLKIT

for navigating life transitions





01 Affirmations

- "I am capable of overcoming any challenge that comes my way."
- "Each day, I grow stronger and more resilient."
- "I choose peace and joy in this moment."
- "I am worthy of love, kindness, and support."
- "My past does not define me; I create my future."



02 Mindfulness

- **Body Scan Meditation:** Lay down or sit comfortably, close your eyes, and focus on each part of your body, starting from your toes and moving up to your head, releasing tension as you go.
- **5-4-3-2-1 Grounding:** Identify 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- **Box Breathing:** Focus on your breath, counting to 4 as you inhale, hold for 4, exhale for 4, and hold for 4.
- **Gratitude Walk:** Take a walk outdoors and reflect on things you're grateful for, letting the rhythm of your steps guide your thoughts.
- **Mindful Eating:** Eat slowly, savor each bite, and notice the taste, texture, and aroma of your food.




03

Stress Management

- **Time Management:** Break tasks into smaller, manageable steps and prioritize what's most important
- **Energy Management:** Are you a morning person or a night owl? Please be sure to honor when you are at your best and plan accordingly.
- **Exercise:** Move your body daily, even with a quick walk, gentle stretching, or dancing in the kitchen. Start small!
- **Laugh:** Funny memes? Comedy? Games? Find Joy!
- **Creative Outlets:** Cook, write, photograph, music, PLAY!





"The most powerful times
In our lives can be the
time between times or
life's transitions that give
us the opportunity to
choose."

Bill Crawford

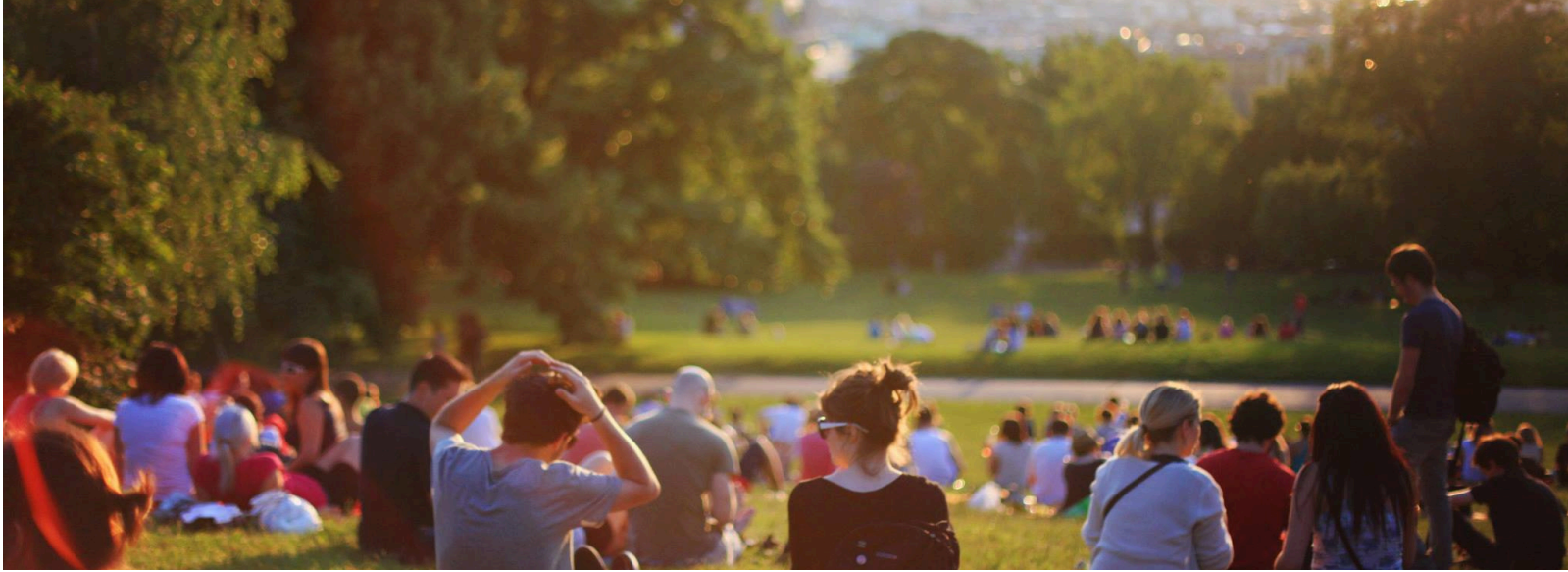




04 Journal Prompts

- What is one challenge I've overcome, and what did I learn from it?
- What are three things I can do today to feel more in control of my emotions?
- How can I turn a recent setback into an opportunity for growth?
- Who inspires me to stay strong, and why?
- What are my core values, and how do they guide me during challenging times?





05 Community

- **A Trusted Friend:** Someone you can share your truth with without fear of judgment.
- **A Lovey:** A favorite blanket, stuffed animal, or clothing that makes you feel safe.
- **Community:** Look for groups in person or online that you can connect with and contribute to.
- **A Relaxation Tool:** Essential oils, a stress ball, or a weighted blanket.
- **A Self-Care Kit:** Items like tea, candles, books, or anything that soothes you.



06 Self-Care



- **Pamper Yourself:** Take a long bath with Epsom salts or light a candle and listen to calming music.
- **Digital Detox:** Spend offline a few hours/ days/weeks to recharge.
- **Find a hobby:** Paint, bake, craft, garden, or do anything that brings you joy!
- **Physical Care:** Schedule a massage, yoga, nap, acupuncture, whatever makes you feel good.
- **Connect with Nature:** Spend time outside, whether hiking, in a park, or paddle boarding.



Thank you

Thank you for downloading the Resilience toolkit; I hope you find the information helpful.

If you want more tools, wisdom, and stories to help you navigate and integrate work transitions, let's connect.

I would love to hear your favorite resilience tool that you can use today.

You can [email me](#) or DM me on IG or LinkedIn.

And don't forget to listen to the Fire Inside Her Podcast!



XOXO,
Diane

