

# Building Resilience – Stress Management

*Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.*

## Think Positively

Positive thinking is a skill that requires practice. It's the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health.

### Instructions:

For best results, read through the entire challenge checklist before you begin, and then pencil in each item on your ALD planner for the month. Put a check by each action as you complete them.

**Materials you will need:** Pencil and paper or journal or your phone's notepad. If you can, print this sheet and add it to your ALD Action Planner.

**Goal:** Your goal is to write ten positive affirmations and use them daily for the next 30 days.

**Start date** \_\_\_\_\_

**Completion date** \_\_\_\_\_

- 1. Understanding Positive Thinking** **Action:** Listen to this amazing explanation of what stress is from Sharon Horesh Bergquist's TEDTalk.
- 2. Learn How to Think Positively** **Action:** View this video about how to think positively by Free Kingdom .
- 3. Discover Affirmations** **Action:** Review this positive affirmations article by Jack Canfield and view the video. Be sure to have a paper or journal, and a pencil handy.
- 4. Develop Your Affirmations** **Action:** Write yourself a list of 10 positive affirmations.
- 5. Reflect on Lessons Learned** **Action:** Journal, positive thinking relieves my stress by...?

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### Affirmations Worksheet

**Instructions:** Print out this sheet to develop your Ten Dimensions of Wellness affirmations. Start each affirmation with, “I am”. Be sure to use positive affect words and present tense.

**Example 1:** I am joyfully decorating my new home.

**Example 2:** I am so happy to be celebrating my promotion at work.

**Example 3:** I am really proud of myself for losing ten pounds.

DOW	AFFIRMATIONS:
Emotional	
Environmental	
Family	
Financial	
Intellectual	
Occupational	
Physical	
Reproductive	
Social	
Spiritual	