



Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

During the month of December, there are a lot of opportunities to improve your resilience. If you'd like to become more resilient, consider these tips.

December 1

Make every day meaningful.

Do something that gives you a sense of accomplishment and purpose every day this week. Set clear, achievable goals to help you look toward the future with meaning.

December 15

Take care of yourself.

Tend to your own needs and feelings first this week. Participate in activities and hobbies you enjoy. Include physical activity in your daily routine. Get plenty of sleep and create consistent bedtime rituals. Eat a healthy diet. Practice stress management and relaxation techniques, such as yoga, meditation, guided imagery or deep breathing.

December 8

Learn from experience.

Throughout the week, think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through difficult times. You might even write about past experiences in a journal to help you identify positive and negative behavior patterns and guide your future behavior.

December 22

Remain hopeful.

You can't change the past, but you can always look toward the future. Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.

December 29

Be proactive.

The new year is almost here. Don't ignore your problems. Instead, figure out what needs to be done, make a plan and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.

Source: [mayoclinic.com](https://www.mayoclinic.com)