

REVIEW THE SUGGESTED ACTIONS BELOW THAT CAN HELP KEEP YOU COPING

CULTIVATE A SENSE OF HUMOR

When you have laughter and humor in your life, you become more resilient to stress and adversity. Make time every day to cultivate your sense of humor.

IMMERSE YOURSELF IN NATURE

Being present in nature is shown to reduce stress and improve mood as well as increase energy. Find opportunities to immerse yourself in nature every day.

PERFORM AN ACT OF KINDNESS

Compassion and kindness reduce stress, boost the immune system, and help reduce negative emotions such as anger, anxiety and depression. Do something kind for a stranger or someone you know every day

PARTICIPATE IN SELF-CARE

To better cope with stress and build psychological resilience, avoid or cut back on behaviors like too much drinking, smoking or excessive screen time. Instead fill your time with a hobby like reading, photography, music or crafting.

CHOOSE WHICH ONE OF THE ABOVE ACTIONS YOU WILL WORK ON THIS WEEK

Think ahead and make it easy on yourself to be successful. Prepare for and create cues to action like putting a funny podcast on your playlist or scheduling a nature walk in your daily calendar.

USE THE TRACKER ON THE NEXT PAGE TO TRACK YOUR DAILY PROGRESS

Add a check mark, a note or draw a picture each day to show you completed the action (cultivated your sense of humor, immersed in nature, performed an act of kindness or practiced self-care) each day. Consider expressing your thoughts and feelings regarding the action - or, note what worked or didn't.

I commit to this action: _____

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

TIP FOR SUCCESS:

Think of this tracker as a guide that gives you a visual look at your successes and challenges which will help you celebrate accomplishments and plan for roadblocks.