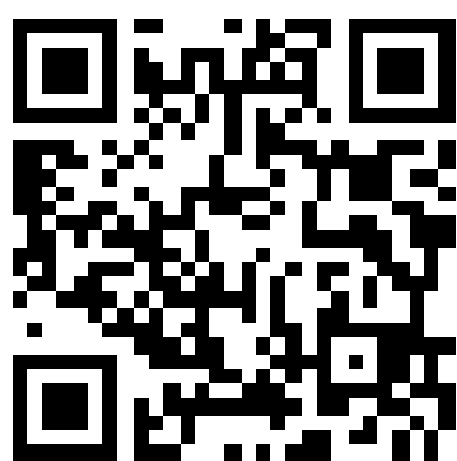




Welcome to Your **RESILIENCY** Toolkit



Self-Care

Taking time for yourself to engage in activities that rejuvenate you. There is no right or wrong way to take care of you.



Mindfulness

Is the practice of being present throughout all activities.

Purpose

Recognizing that you are a part of something bigger than yourself.



Gratitude

Gratitude is the ability to appreciate the people, things, and circumstances around you.

Social Connections

Forging meaningful relationships, whether they be romantic or platonic, with others.



www.healthandhappinessproject.org

This project is a collaborative effort between Allina Health, Rice County Chemical Mental Health Coalition, Rice County Public Health, and United Way of Steele County.