

BUILDING RESILIENCE TO STRESS - PART 2 FOUNDATIONAL STRATEGIES

BACKGROUND INFORMATION

Foundational Strategies are strategies we want to use on a **regular basis**.

By practicing them regularly it helps us to have better emotion regulation day to day

which helps to decrease:



how often we get upset



how upset we get



and how fast we recover

FOUNDATIONAL STRATEGIES

STRATEGY #1: MINDFULNESS

MINDFULNESS IS:



About being in the present moment

Not being lost in thinking about the past or future



On purpose

This is like a spotlight, so we choose where/what we want to pay attention to



Without judgement

This means we do not judge or criticize what we notice, rather, we accept that these are just thoughts

Practicing mindfulness is like **building an attention muscle**

The more we practice mindfulness → the stronger our attention muscle gets

and we become stronger at noticing when our mind starts to wander or judge what we are experiencing and bring it back to the present moment with acceptance



STRATEGY #1A: MINDFULNESS-BODY SCAN



This involves paying attention to various parts of our bodies in a gradual sequence.

This helps us to become aware of what we are feeling in our body (comfortable and uncomfortable) **without trying to change it**.

View the **Body Scan** resource



Keep in mind: if you have any physical constraints, focus on any part of the body that is feasible for you.

STRATEGY #1B: MINDFULNESS-COMING TO YOUR SENSES

Using your senses is a great way to ground ourselves in the present moment.

For example: We can be more present by focusing on the sounds or smells around us or how our clothes feel on our bodies.

Listen to these **Mindfulness Guided Audios**

We can incorporate the coming to your senses activity **as we go about our everyday activities** like brushing our teeth, eating breakfast, going for a walk, etc.



STRATEGY #2: THREE GOOD THINGS

This is a strategy where we recall three good things that happened to us in the last 24 hours.



Why do we want to do this?

Research shows that writing down three good things for a week, has been associated with feeling more positive up to three months later.



They can be very small like having a nice cup of coffee this morning.

Think of how you felt in those moments.

Savor the feeling that comes up as you remember this good thing.

View the [Three Good Things](#) resource

STRATEGY #3: SELF-CARE CHECKLIST

What comes to mind when we think about self-care?



Bubble baths? Physical activity?



But self-care is much **more** than this!

View the [Self-Care Assessment](#) checklist

There are **6 main areas** of self-care, which are:



Physical

helps improve our physical health and well-being



Spiritual

nurtures our spirit and helps us think beyond the self



Psychological

helps us to feel calm and engaged with challenges in our own life



Professional

helps us work consistently at our own level



Emotional

helps us regulate, process, and reflect on our emotions



Social

helps us maintain healthy, supportive relationships

CONTACT INFORMATION



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