

Five Pillars of Health & Well-Being Resilience



MIND · BODY · SPIRIT



Resilience: The ability to “bounce back” and adapt to adversity are the skills needed to respond to stress in order to thrive versus survive.

TIPS

- Resiliency is highly linked to overall success in all areas of your life. The more we can overcome adversity, the healthier we are, and the happier we are. Resiliency skills can be developed with practice.
- Try deep diaphragmatic breathing. With one hand on your heart and one on your belly, inhale through your nose feeling your diaphragm and abdomen rise as your stomach moves outward. Slowly exhale pushing every breath of air from your lungs. Do three to five rounds of deep breaths.
- Begin with 5 - 10 minutes of meditation 2x per day with the goal of reaching 20 minutes per day.
- Be mindful. Mindfulness is a love affair with life, with reality and imagination, with the beauty of your own being, with your heart and body and mind and with the world. Mindfulness is being in the present moment. Be here now.
- Start a gratitude practice, which can have a profound and positive effect on our health, mood, and quality of our personal relationships. Before you get out of bed in the morning, pause and take a moment to reflect on what you are grateful for. Or, before you go to bed at night, reflect on your day. Find a situation or circumstance for which you feel grateful. This may include things like the air you breathe, the sun shining outside, or the people in your life. Do this daily and discover that your capacity to find positive aspects in every situation will become easier.
- Eating healthy is a way to nourish your body. A healthier diet may produce a healthier mind, and decrease stress.
- Physical activity produces endorphins – your brain’s feel good chemicals – which reduces stress and improves your mood. Even just five minutes of aerobic exercise begins to stimulate anti-anxiety effects.



Integrative health and medicine focuses on the health and well-being of the whole person — mind, body and spirit. It addresses the impact of lifestyle, environment, and genetics on an individual’s health and well-being. We approach care and service from our Five Pillars of Health and Well-Being: Sleep, Activity, Purpose, Nutrition and Resilience. Our mission is to help you cultivate long-term behaviors that will foster a healthy, happy, and long life.

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