

## Resilience: The BASICS Checklist: Preparing a Personal Action Plan

- 1) Read the following list of wellness activities and check off those you are routinely undertake.
- 2) Review again and circle the activities you wish to develop and/or prioritize in the next month.
- 3) Choose a colleague to discuss the above
- 4) Ideally, agree to check in with each other about your progress and or obstacles once a week over the next month (at minimum by email – better by phone – best in-person).

### **B: Physiological well-being**

- Exercise regularly (including walking)
- Get quality sleep (do not accumulate a sleep debt).
- Eat nutritiously according to food pyramid principles (name two ways to do that):
  
- If I consume alcohol, do so according to low risk guidelines.
- Appropriately use over-the-counter and prescribed medications.
- Avoid or reduce use of caffeine.
- See my family doctor for a check up
- Other examples of ways I can keep physically fit:

### **A: Affective (Emotional) and Cognitive Well-being**

- Avoid “thinking traps.” (name two):
  
- Be cognitively flexible - learn to reframe and correct cognitive distortions.
- Use constructive thinking and consider alternative solutions/pathways for problems faced.
- Be attentive to how stress affects the way I think and interact with others
- Learn how to constructively express frustration and anger.
- Be mindful – learn to stay in the present.
- Learn relaxation and mindfulness skills and practise them regularly
- Establish realistic expectations for myself (sometimes pretty good is good enough!)
- Make a “bucket list” of emotional uplifting activities to do – and do them! (name two right now):
  
- Journal-use “healing through writing.”

- Recognize and challenge my self-critical or negative self-talk (name two self-criticisms):
- Other examples of ways to improve my emotional and psychological wellbeing:

### **S: Social Wellbeing**

- Nurture my relationship with my partner or spouse
- Make a list of friends that I have missed and contact them. (name two right now):
- Make a list of family members I have missed and contact them. (name two right now):
- Moderate time spent on Facebook, the internet or other social media
- Combine recreation with spending time with family and friends.
- Consider the lessons learned that I can share with others.
- Other ways that I can use relationships constructively to enhance my resilience:

### **I: Intellectual and Occupational Wellbeing**

- Use all of my vacation time appropriately (not working vacations).
- Establish achievable goals that align with my personal and professional values.
- Spend time every week on one or two hobby activities.
- Break tasks into doable sub-tasks and find satisfaction in completing them.
- Consider and appreciate a sense of meaning in my work.
- Define healthy boundaries between my work life and my personal life
- Learn how to protect those boundaries, including learning how to say “no.”
- Establish a list of priorities for my professional life (name two):
- Establish a list of priorities for my personal life (name two):
- Read to find diversion and comfort.

- Other examples of ways to improve my intellectual and occupational wellbeing:

### **C: Community Wellbeing**

- Give back and help others. Share my strengths, skills and areas of competence.
- Join a social group that gives my life a sense of purpose.
- Use my cultural or ethnic community traditions, rituals and identity as a support aide.
- Join a group of friends where I feel safe to self-disclose and share my stories and emotions in a genuine way.
- Associate with people who share my positive values and interests in life.
- Spend less time with others that seem to drain my energy or have a negative impact on my mood.
- Spend more time with others with whom I laugh and feel uplifted.
- Other examples of ways to enhance my resilience through community:

### **S: Spiritual Wellbeing**

- Engage in altruistic (helping, non-remunerative) behaviours.
- Participate in a spiritual and religious practice / ritual that is comfortable for me.
- Spend time outdoors in natural, peaceful settings.
- Identify other environments or practises that are spiritually uplifting and indulge them (name two):
  
- Learn to forgive myself – and others.
- Use “self-compassion” and “loving-kindness” meditations toward others and myself.
- Learn to pray regularly (consider daily guidance, gratitude, etc.)
- Go on a “meaning-making mission.” List and share positive experiences with others.
- Recognize life is short and commit to living each moment fully and enter a stage of “generativity”—give to future generations.
- Other examples of ways to improve my spiritual wellbeing:

This planning guide is draws on materials from Resilience: The Science of Mastering Life’s Greatest Challenges by Steven Southwick and Dennis Charney, 2012 and From the Roadmap to Resilience: A Guide for Military, Trauma Victims and their Families By Donald Meichenbaum, 2012 <http://www.roadmaptoresilience.org> And the BASICS series of articles, Michael Kaufmann; Ontario Medical Review