

Resiliency Skills

The following list includes qualities and characteristics that are helpful to mourners. As you read, you may recognize a number of your own strengths. You may also find qualities that you would like to further develop in yourself. If so, work on only one or two at a time. It is important to set realistic goals for yourself, and if you attempt to change too many things at once, it can be overwhelming.

Resiliency skills: Attitudes and behaviors that allow us to bounce back and see things in a different way

- Knowing that you have the power to change some aspects of your life
- Viewing problems as a challenge
- Having a positive mental attitude
- Not allowing emotions to overwhelm you
- Letting other people be who they are
- Dealing directly with people rather than going through another person
- Having a spiritual connection

Activities and behaviors to replenish yourself:

- Remembering to breathe
- Taking a positive perspective on things
- Learning relaxation skills
- Being mindful of the here and now
- Remembering to move

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Basic self care:

- Eating properly
- Making time to exercise
- Having quality time with family/loved ones
- Taking personal time for meditation/rest/relaxation
- Taking up a hobby
- Watching or participating in sports
- Minimizing alcohol/tobacco/caffeine consumption
- Appreciating art and music
- Getting involved in community activities
- Enjoying the beauty of nature

Connect with others: Creating and maintaining a wide variety of positive relationships

- Staying connected with supportive people (who comprehend the magnitude of your loss)
- Providing service to others through church or civic groups
- Becoming a part of a sporting group (fishing, golf, hiking, biking)
- Taking a class
- Participating in social activities

Additional forms of resiliency:

- Gaining new job skills
- Resolving resentment and conflict with self and others
- Getting needed help to resolve traumatic stress



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