



## → The Resilience Advantage Bingo Challenge

In the Resilience Advantage Bingo Challenge, you are provided 25 different activities that you can do over the course of the month. In the sections below, we will tell you a bit about that challenge activity and how you can use it to become more resilient to the stress in your life.

For 25 Days, we will be calling out different resilience skills that you can develop. As you complete each skill, you can mark it off on our Resilience Bingo Card.

### Divided into 5 Bingo Columns: [Reference pages 2-3 for Topic Descriptions.](#)

- **Preparation and Hardiness**—Helps you prepare and get stronger to confront stress in your life
- **Navigation**—Helps you to deal with stress more comfortably when it is actually happening to you
- **Bounce Back and Forward**—Helps you recover quickly and learn from the stress in your life
- **Things to Watch Out For**—These are risk factors that increase stress levels. We want to avoid these if we can
- **Improving Your Work Life**—Ideas that will make work a better and more enjoyable place for you.

Preparation & Hardiness	Navigating Your Stress Successfully	Bouncing Back & Forward	Things To Watch Out For	Improving Your Work Life
<p>Revise your sleep routine</p> <p>Date _____</p>	<p>Be cool on the road</p> <p>Date _____</p>	<p>Call an old friend you've not talked to in a while</p> <p>Date _____</p>	<p>Take a pass on gossip</p> <p>Date _____</p>	<p>Speak up early in meetings with a relevant contribution. It'll boost your engagement</p> <p>Date _____</p>
<p>Plan out your week and day</p> <p>Date _____</p>	<p>Keep track of your energy level today using our energy tracker</p> <p>Date _____</p>	<p>Take a techno-break on a weekend day</p> <p>Date _____</p>	<p>Don't forget to spend time with your family</p> <p>Date _____</p>	<p>Ask your boss about the challenges he or she is facing and what your team can do to help</p> <p>Date _____</p>
<p>Expand your workout by 15 minutes</p> <p>Date _____</p>	<p>Practice, Practice, Practice</p> <p>Date _____</p>	<p>Tell a colleague about their good work</p> <p>Date _____</p>	<p>Excuse yourself from being around negative people</p> <p>Date _____</p>	<p>Write a handwritten thank you note to a colleague</p> <p>Date _____</p>
<p>Write down three things you are grateful for in your life</p> <p>Date _____</p>	<p>Take 5 deep breaths</p> <p>Date _____</p>	<p>Watch a comedy video and let yourself laugh</p> <p>Date _____</p>	<p>Don't just send an email on a difficult issue, go ahead and pay a visit</p> <p>Date _____</p>	<p>Evaluate how effective you were at work this week. How could you make it better?</p> <p>Date _____</p>
<p>Eat a meal mindfully, paying attention to your foods and eating style</p> <p>Date _____</p>	<p>Reach for an option</p> <p>Date _____</p>	<p>Get out in nature</p> <p>Date _____</p>	<p>5:1</p> <p>Date _____</p>	<p>Look for challenging work situations from which you can improve.</p> <p>Date _____</p>



## Preparation & Hardiness:

**Revise your sleep routine:** Most of us don't get enough sleep and part of the reason may be about how we get ready for sleep.  
**a.** Try creating a quieter environment for kicking off your sleep. Avoid checking emails or messages and focus on relaxing thoughts rather than the stress of your day.

**Plan out your Week and Day:** Getting things done effectively and efficiently is easily improved by knowing what you have to get done. It doesn't matter what your system is, as long as you do it on a regular basis.  
**a.** Start or return to list making as an easy way to remember and celebrate your accomplishment for the day and the week.

**Expand Your Workout by 15 Minutes:** Getting stronger is the key to building great physical resilience. We all know that "plateauing" in our workouts mean that we are not developing more strength and endurance.  
**a.** Adding 15 minutes to a walk, run, or your time at the gym and adding extra distance

**Your Gratitude List:** One of the core principles of resilience is how many blessing we actually have in our lives. Even on an every day basis, there are a multitude of good things that happen for you and your family.  
**a.** Take a few minutes at 8 PM tonight and write down three things that you are grateful for in your life.

**Eat Mindfully:** Most of us eat without paying much attention to the taste, texture or quality of our food. We just scarf it down. Eating mindfully means that we pay attention to what we are eating and how we are eating.  
**a.** Slow down when you sit in front of a plate of food. Look at what you are about to eat, take in its aroma and warmth, taste the complex flavors and textures of what you are eating and enjoy your meal. Eat a bit slower and see how that changes your perspective on eating.

## Navigating Your Stress Successfully:

**Be cool on the road:** Driving is a stressful event under most circumstances. Safety, time and other drivers create an environment that gets our stress juices going. See what happens if you change the narrative for a few minutes  
**a.** Go ahead and let other drivers in ahead of you and drive at the posted speed limit for some of your drive. Laugh as you see how stressed other drivers look as they get caught up in the maelstrom.

**Keep Track of Your Energy Level:** Our energy ebbs and flows during the course of the day and it is very helpful to understand how your personal energy works for you so that you do your best work when you have energy and recover your energy when you are tired.  
**a.** Use our energy tracker here. Go ahead and print it off three copies and track your energy to see when you are energized and when you are fatigued.

**Practice, Practice, Practice:** People who perform well under pressure usually do so because they've rehearsed their routine until it becomes second nature. You can do the same  
**a.** If you've got a presentations coming up or just have to explain something to your boss that you are doing, go ahead and actually run through what you are going to say with someone else so you are fully ready.

**Take some deep breaths:** There is no better way to collect yourself and your thoughts when you are under stress than to take some deep breaths. Just two or three breaths can help you gather yourself in a stressful moment.  
**a.** You can take a deep breath by taking air in through your nose and letting it out through your mouth. Do that 3-5 times and you'll find yourself a bit more relaxed and at ease.

**Reach for an Option:** As you take on different challenges, recognize that there is more than one solution to every problem. Lining up multiple ways that you can deal with a particular situation means you always have choices for when you are in the middle of the situations.  
**a.** Prepare a list of 5-7 solutions to a problem you are facing at home and at work and as you begin to deal with the issue, take out your list and go for the one that makes the most sense.

## Bouncing Back & Forward:

**Call an old friend you've not talked to in a while:** Checking in with friends helps your reconnect with people who knew you when and they can give you perspective on how you are doing.  
**a.** Your friend may be surprised to hear from you but you'll both enjoy the call and may even opt to get together.

**Take a Techno-Break on the Weekend:** So this is a bold experiment. Can you put your smart phone away for a whole day and not check messages. You'll probably feel withdrawal symptoms so you may have to start off with just half a day!  
**a.** Place your cell phone someplace where you can not easily see it for a day on the weekend and see how you do in spending time with your family or just reading a nice book.

**Acknowledge something good that you did for another:** One of the most satisfying activities we can do is to help another person. You probably did that several times today already without even realizing it.  
**a.** Think about who you helped out today and what you did to improve their day. Give yourself a silent note of appreciation for being a giving and caring persons.



## Bouncing Back & Forward (*continued*):

**Laughter is a great medicine:** There are certainly funny things that happen during our day but we can be purposeful about it as well. By adding some humor to our day we light our mood and produce some lighthearted hormones in our body.

- a. Take some time during your day to watch one of your favorite comedies on TV, an old Saturday Night Live or Jimmy Fallon monologue. If those don't work, check out a YouTube video and let yourself laugh.

**Get out in nature:** There is nothing more restorative than getting out in nature. Whether you enjoy hiking, bike riding, fishing or just going for a walk, finding time to restore your spirits by getting outside where you can enjoy blue skies, fresh air and natural beauty.

- a. You can do this at work or at home. Get out of your house or office and find a local park, lake or wilderness and lose yourself in there for whatever amount of time you can allow for yourself. You'll come back refreshed.

## Things to Watch Out For:

**Take a Pass On Gossip:** It happens in every workplace where people want to put down others and make up stories and blabber about others.

- a. Excuse yourself from discussions that insist you judge others and in which others are being spoken of negatively.

**Don't Forget Your Family:** We all want to have fun with our family but sometimes that just doesn't seem to happen. We want to watch out that we don't lose that connection.

- a. Think about the time you've spent with family members this week. If you've not spent time with everyone you love, or want to spend more time with them reach out and set up a time for just the two of you.

**Excuse yourself from being around negative people:** There are usually several in every crowd. The people who are just plain negative about everything—work, their friends, the world at large. These complainers are just big energy drainers to everyone.

- a. When you find yourself with people who are complaining about things, excuse yourself from the conversation and move onto another activity. They want you to get just a grumpy as they are but you don't have to take it on.

**Don't send an email, pay a visit:** We sometimes like to avoid talking about difficult issues because we don't like confrontation, but this just creates more stress. Instead just try dealing with it directly and it will probably work out well.

- a. Instead of sending an email to a colleague over a disagreement, just walk down to their office and speak with them directly.

**5:1:** We are too negative most of the time. Healthy relationships at work and at home demonstrate a 5:1 ration between positive statements and negative statements. That means that for every 1 negative comment you make (or hear) you have to give (of get) 5 positives to keep you emotional balance.

- a. Look for good things that you can acknowledge to colleagues, family members, and friends. Everyone will feel better and will do better.

## Improving Your Work Life:

**Speak up Early in Meetings:** It's easy to just sit back and not contribute to the conversation at work but your ideas are probably pretty good and your team could benefit from it.

- a. Try to speak up in the first 5 minutes of a meeting with a good idea or compliment for another person. It will get you right into the flow of the conversation.

**Ask Your Boss About the Challenges He or She is Facing:** Your boss is probably pretty stressed about his or her work responsibilities. Find out about their challenges that will expand your perspective about their work, your team's work and your work.

- a. Your boss will probably welcome your question about how their job is going and about the difficulties they are facing. You may be able to help them think through a particular situation so that you and the team can get things done more efficiently.

**Write a handwritten note to a colleague:** One of the nicest gifts I ever received from a boss was a handwritten note thanking me for my work on a project. It was not an email or voice message (both of which would have been nice) but a personalized letter which I greatly appreciated receiving.

- a. Take a few minutes to write a note to someone who has helped you out or has made an important contribution to your team. It doesn't have to be long, but just sincere.

**How is work going for you?** Our work world is geared to evaluating progress once a year. How ridiculous! We grow and get better every day and tracking our advancement is something we should do regularly

- a. Take stock of your progress this week and when you talk with your boss, get some feedback on how you are doing and where you can get better.

**Look for Challenging Work Assignments:** We grow when we face challenges and overcome them. Adding value to your company will also help you advance your career.

- a. What can you do to improve your workplace? Look around and identify something that needs to be better and take action to improve it.