

https://jamboard.google.com/d/1zBkL2i9Biml6n7NBOaBNypggVk2Hh4mXQ_eeraUssZE/edit?usp=sharing

The screenshot shows a Google Jamboard with the title "What are your go-to resilience resources?". The board is populated with several sticky notes of different colors, each containing text about resilience resources. The notes are arranged in a somewhat circular pattern. The text on the notes includes:

- Going for a morning run.
- Walking
- Exercise!
- Grateful Journal
- Posting daily quotes on FaceBook
- Sibling Text check in once a week
- Facetime with grandchildren - They will ALWAYS make me smile!
- Walking my dog
- Yoga with Adrienne- free youtube channel with yoga videos that are easy for beginners
- FaceTime with long distance Family
- Sitting outside on the patio for a bit
- Gardening and anything in fresh air
- Meditation & Prayer
- My sisters, mom, and I have been sharing old recipes and photos from my childhood.
- Music - I have different playlists based on my "mood"
- Music Music
- Working in the garden and reading books.
- 5-minute meditation videos on YouTube
- A playlist named "Kitchen Dancing" Sometimes I dance while cleaning. Other times, I just dance.

Physical Wellness

- Going for a morning run
- Walking, with or without dog
- Exercise!
- Yoga with Adrienne- free youtube channel
- Gardening

Emotional/Spiritual Wellness

- Meditation and Prayer
- 5-min meditation videos on youtube
- Music, Music, Music: 'Kitchen dancing' playlists, other mood playlists
- Being outside, nature and fresh air

Healthy Thinking

- Grateful Journal
- Posting daily quotes on Facebook

Connection

- Sharing recipes and photos with close family
- Sibling text chain to check in once a week
- Facetime with grandkids, long distance family