

How Resilient Am I?

Brought to the by the Cummings Centre Social Action committee

1. Mobility measures - How far do I go from home? How often? Exercise helps maintain muscle mass as well as feelings of accomplishment. It's okay if a walking aid is needed, the Important thing is to get out and see the world around you.



2. Social network - Do I have a friend or group of friends? Any family members I get to speak to or see (as getting together at this time is difficult)? How often for either? Getting together for conversation and/or playing games helps negate feelings of loneliness and depression.

3. Cognitive function - Do I do the crossword puzzle in the newspaper? Do I play cards or MahJong regularly? Using your brain to figure out puzzles or counting cards or tiles keeps neural pathways open and functioning.

4. Physical fitness - How often do I exercise? e.g. brisk walk, stationary bike, yoga People who exercise 2-3 times per week are less angry, depressed, cynical, and tend to ruminate less as well.

5. Television - How many hours of TV do I watch per day? More than 6 hours per day may be too much and contribute to lack of mobility and decreased mental health activity.

6. Loneliness - How often do I feel all alone? What have I done to get past it? Using some of the above suggestions helps alleviate those feelings.

7. Comfort zone - How often do I try to do something new or different than what I usually do? Moving out of your comfort zone by engaging in an altruistic endeavor such as volunteering or mentoring, renews feelings of accomplishment.



8. Limitations - How accepting am I of my limitations, either physical or mental? Do I ruminate about them, or accept them or do I work around them. Acceptance allows the freedom to move forward. There are always possibilities beyond the limits.

9. Routines - Do I try to keep a daily routine? Do I give myself time for pleasurable activities? There is nothing wrong with cutting yourself a little slack. Go ahead and spoil yourself sometimes! You are worth it!

