RESILIENCE AND MENTAL HEALTH TWO-WEEK CHALLENGE

Resilience is essential for mental health and can be achieved through practice. One way to achieve this is to structure activities day-to-day. Challenge yourself by completing as many activities as you can over a two-week period. You can complete them in any order you like and add your own goals. At the end of each day, review what you have achieved and plan what you want to achieve tomorrow.

	WEEK ONE	WEEK TWO
Monday	Find a new way to exercise – try to do it twice this week.	Find a new book and spend at least 10 minutes per day reading this week.
Tuesday	Follow along with a five-minute guided meditation.	Spend some time outside today (e.g. eat your lunch outside, go for a walk).
Wednesday	Challenge yourself to go a whole day without checking social media.	Take a photo of something nice, send it to someone you love to let them know you're thinking of them.
Thursday	Walk around your neighbourhood (bring a friend or pet along).	Plan a new route to walk around your neighbourhood.
Friday	Check-in with a friend or family member (call them or meet for coffee).	Indulge in your favourite film or TV show and recommend it to a friend.
Saturday	Try cooking a new, healthy meal with five serves of vegetables!	Catch up on some small tasks that you've been putting off this week.
Sunday	Set three goals for what you would like to achieve next week.	Take some time to tidy your space and start the week with a clean slate.

NORTH Foundation

Building resilience

When something goes wrong, how do you cope?

When you have resilience, you harness the skills that help you rebound from a setback or challenge, such as a job loss, an illness, a disaster or a loved one's death.

Resilience is the ability to cope with unexpected changes and challenges in your life. It's not always possible to prevent stressful or adverse situations, but you can strengthen your capacity to deal with these challenges. Resilience can enable you to face difficult situations and maintain good mental health.

Resilience can help protect you from various mental health conditions, such as depression and anxiety. It can also help offset factors that increase the risk of mental health conditions, such as being bullied or previous trauma.

Resilience allows people to overcome challenges and maintain their mental health. To build resilience, it is important to institute a healthy lifestyle and address unhelpful habits. Research has shown that by making changes to our routines that challenge ourselves, we can alleviate stress and worry, and improve our mood and functioning.

Here in the Northern Sydney Local Health District, we are conducting research into resilience to help maintain the mental health of young people. We are interested in how resilience plays a role in the day-to-day worries and concerns of people and how it can prevent anxiety and mood disorders.

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