



Resilience Bingo

Resilience is the ability to restore, refocus and regroup when things don't go as planned, as well as to sustain your energy and ability to learn and adapt through adversity and stress. Resilience is an intentional practice. The Resilience Bingo Card is a playful way to intentionally practice resilience. Experiment by completing between 2 and 5 of the below activities each day (even for a few minutes), and see if you can complete your bingo card each week. Add to or adapt the squares on your card as you make new discoveries and write about or share your experiences.

Create	Breathe	Wonder	Re-Energize	Celebrate
Rest	Discover	Collaborate	Pause	<i>Reconnect</i>
Meditate	Dream		Generate	Restore
Give	REFLECT	NAP	Stretch	<i>Surprise</i>
<i>Connect</i>	Relax	Learn	Regroup	Play