

LIVSMART

## ROAD TO RESILIENCE

JOURNEY TO BUILD GRIT, STRENGTHEN RESILIENCE, AND MANAGE STRESS.

Road to Resilience is a six-week campaign designed for participants to learn skills to grow and thrive in the face of stress and bounce back from adversity. *Below are the six focus areas of resilience:*



### VISION

Identifying clear goals and a sense of purpose



### COMPOSURE

Staying calm and in control during times of stress



### REASONING

Solving problems and being resourceful



### HEALTH

Maintaining physical health to connect body and mind



### TENACITY

Staying persistent and overcoming challenges



### COLLABORATION

Investing in quality relationships

## GETTING STARTED

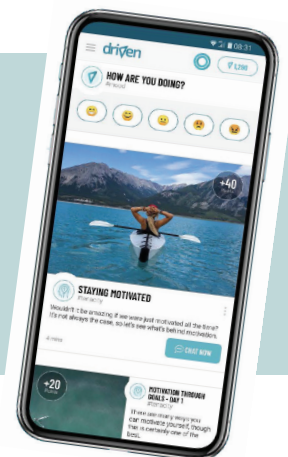
- 1 Pick up your participant guide and stress sensor from your Ambassador and start tracking on June 21st.
- 2 Complete three or more activities each week and mark as completed on your paper tracker or in your LIVSMART portal.
- 3 Submit a picture of your completed tracker to your Ambassador or complete the campaign in your LIVSMART portal by August 6th for campaign credit.

## ENHANCE YOUR JOURNEY TO RESILIENCE

Take your journey to resilience to the next level with the Driven App. Driven is your virtual resilience coach, helping you stay motivated, and reach your goals.

1. Download the Driven Resilience App in your smartphone's app store
2. Register a new account and add your information
3. When asked for a code, select YES and enter ELEMENT21. This code will provide you two FREE full-access months!

For more information about the app and how to get started, visit our website at [www.livesmartoni.com](http://www.livesmartoni.com)



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DIRECTIONS:

1. Complete three or more activities each week and check the box when complete.
2. Review and complete the "Rest & Reflect" prompt each week on page 4. There is space to write your response on the page or you can record it in a personal journal. Your answers do not need to be turned in to LIVESMART.
3. Submit a picture of your completed tracker to your Ambassador or complete the campaign in your LIVESMART portal by August 6th for campaign credit.

START

DAY 1

Practice visualization today - spend 3 minutes thinking about something in the future you would like to happen

DAY 2

Identify one goal you have for work or your career

DAY 3

Identify one goal for your family or another close relationship

DAY 4

Identify one goal you have for a side project or hobby

DAY 5

Prioritize your goals - which goal that you identified earlier this week is most important to you?

DAY 6

Make your goal into a SMART goal by making it Specific, Measurable, Attainable, Relatisic and Timely.

DAY 7: REST AND REFLECT

DAY 13

Write down 3 things you are thankful for

DAY 12

Once an hour during the workday - think about and label the emotion you are feeling

DAY 11

Do a body scan - scan your body from feet to head by bringing attention to any tension or sensation you are feeling in your body parts and try to relax

DAY 10

Practice deep breathing 3 times today for 1 minute each time

DAY 9

When you feel stressed today, decide if it is within your control or not

DAY 8

Use your LIVESMART stress sensor 3 times today

DAY 14: REST AND REFLECT

DAY 15

Spend 15 minutes reading about a topic that interests you

DAY 16

Talk with someone today outside of your normal daily interactions

DAY 17

When facing a challenge, explore all solutions and talk to a trusted person to gain their insight

DAY 18

Organize your work area or a living space to help clear your mind and focus

DAY 19

Practice flexibility when something doesn't go as planned today

DAY 20

Pause and think before you react to a situation today

DAY 21: REST AND REFLECT

DAY 27

Take a break from sugary foods and beverages today

DAY 26

Aim to get 10,000 steps today

DAY 25

Drink 6 cups of water

DAY 24

Unplug from electronics at least one hour before going to sleep

DAY 23

Eat colorful fruit or vegetables with each meal

DAY 22

Move your body for 30 minutes

DAY 28: REST AND REFLECT

DAY 29

Write down 3 reasons why you look forward to the future

DAY 30

Identify your motivation for living a healthier life

DAY 31

Focus your mind by limiting multi-tasking today

DAY 32

Tell somone about a goal you are working on and ask them to help support you in achieving it

DAY 33

Write down 3 of your strengths

DAY 34

Look for the silver lining today - in every challenge there's an opportunity for growth

DAY 35: REST AND REFLECT

DAY 42

REST AND REFLECT

DAY 41

Connect with someone else to do a hobby or activity

DAY 40

Write a note or a letter of thanks to someone

DAY 39

Unplug from social media to plug into family and friends

DAY 38

Identify someone you would like to have as a mentor to help you achieve one of your goals

DAY 37

Say 3 nice things to people you interact with today

DAY 36

Take a walk with a co-worker or friend

DESTINATION: RESILIENCE

NAME: \_\_\_\_\_ COMPANY: \_\_\_\_\_ LOCATION: \_\_\_\_\_

EMPLOYEE

SPOUSE



# VISION

The most important part of resilience is knowing what makes your life meaningful. This includes reflecting on your purpose, values, priorities, and goals to give your life purpose and motivation.

## REST & REFLECT:

*Define your life's purpose - it could be as simple as "make a difference";*

*What values are important to you? (examples: courage, dependability, kindness, etc)*

1  
WEEK

# COMPOSURE

Keeping calm during times of stress can include deep breathing and mindfulness exercises. It's also helpful to identify the emotions you are feeling in order to re-evaluate them in a positive way.

## REST & REFLECT:

*Think about a time when you faced a challenge - how did you react?*

*What would you like to change about the way that you react when faced with a challenge?*

2  
WEEK

# REASONING

In moments of stress, practicing critical thinking and being resourceful can help you make the right decision. Before stress occurs, being proactive and embracing change will help keep stress levels lower to start.

## REST & REFLECT:

*When faced with a new obstacle or challenge, do you seek out others for advice or do you try to solve it on your own? How do you react to unexpected change - are you quick to adapt or do you find it takes you some time?*

WEEK  
3

# HEALTH

Good physical health supports the mind in dealing with stress. Quality sleep, exercise and good nutrition provide the foundational components for looking after your body and brain.

## REST & REFLECT:

*Identify your top health goal - what do you want to accomplish to improve your overall health and feel better? Why is this goal important to you?*

4  
WEEK

# TENACITY

Pushing through tough situations helps to achieve big goals but also teaches important lessons along the way. Persistence is actually more important than intelligence when it comes to achieving the goals you have set for yourself.

## REST & REFLECT:

*Describe your outlook on the future - do you feel optimistic about overcoming challenges or do you feel overwhelmed and unsure? How confident are you in your ability to take on new and unknown challenges?*

WEEK  
5

# COLLABORATION

Quality relationships provide support during tough times and companionship during good times. Invest in these relationships by fostering effective communication and connection.

## REST & REFLECT:

*What does a healthy relationship look like to you?*

*Describe what it means to be in a healthy relationship with a partner, friend or co-worker.*

WEEK  
6