



ChallengeME MONTHLY MINUTE



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Monthly topic:

Resilience & Moving On



Three Steps to a Resilient New Year

1) Expect to stray: This is just a fact of life that sometimes we refuse to own up to. We'll almost always wander with the goals we make.

2) Don't judge: Your behavior wandering is not a good or bad thing, it's just the natural course of someone trying to make a change. Simply notice that you've wandered and where you wandered to so you can burn it into your memory and notice it sooner the next time.

3) Refocus: Gently bring yourself back to the plan you had created or see if it needs revisions. It's important to keep an open heart toward yourself as you practice.

The New Year is for Resilience, Not Resolutions! (Veronica Mitchell)

Instead of building resolutions, review your past behaviors, decisions, choices, successes, and failures. Do this as a means to reflect on things, not judge. As humans, we can be very hard on ourselves and others. Reflection is important so we can evaluate our life and adjust things as we move forward. People want to make new resolutions every year which is hard to create consistency and commitment to resolutions because you're changing them every year. Why not work on building resilience year-round and over time you'll build quite a bit of it. Yet, we need more than reflection to stay positive and grow on the other side of trauma, death, and loss. We must build resilience in our lives to be able to thrive after trauma. Resilience is what enables humans to stay positive through life transitions.

Steps to Build Resilience in your Life

- 1- Accept things as they are in life now
- 2- Stay connected to friends, family, nature and positive things
- 3- Coping skills are essential to include meditation, mindfulness, exercise, therapy, faith
- 4- Grow and thrive after experiences - expand after trauma

Develop Resilience for Your Well-Being

Illness, fear, loss, grief, isolation, uncertainty, and unemployment are just a handful of the profound consequences of the pandemic – with many experiencing multiple issues simultaneously. And with cases still spiking across the country and likely worsening this winter, the current U.S. death toll keeps rising, and lockdowns and anxiety will persist. The pandemic has pushed us to our limits, but we've used our resilience to push back and keep going. As we near the end of this unthinkable year and look forward to a new year that we know will continue to present challenges, one thing we can do to help ourselves is to take some time to store up our resilience reserves.

ChallengeME
MaineDOT Healthy Workforce

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- > Learn about your health plan benefits

<http://maine.gov/mdot/challengeme>

Coming Up February: Heart Health Month

Comments, questions, ideas, or submissions?
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