

# Personal Energy Rituals

The ability to bounce back after stressful events or significant life changes is called resilience. Think of resilience as a reservoir that we draw on when faced with difficult circumstances or personal misfortunes. Every person's level of resilience is different, and when it is tapped into too deeply or too often, the well may run dry.

Fortunately, resilience can be replenished with a bit of self-care. One simple way is to engage in a positive energy ritual (or PER). A PER is an activity you perform to unwind, relax, or recharge. Some common PERs include:

- ▶ Taking a hot bath
- ▶ Going for a walk in the woods
- ▶ Listening to music
- ▶ Practicing yoga
- ▶ Playing video games
- ▶ Reading a novel

These are just a few examples. Any activity that you use to relax and rejuvenate your inner energy could be considered a PER.

You probably already know what some of your PERs are, although experimenting with new ones is a good idea. Use these activities to restore your resilient energy by committing to incorporating one or more of them into your daily routine. Just as your car needs gas or your body needs food, your reservoir of resilience requires positive energy rituals.



In addition to PERs, research indicates that regular physical actions (usually involving one's hands) that produce visible outcomes can increase resiliency, decrease depression, and restore your sense of control. Examples of these "effort-driven rewards" include:

- ▶ Arts and crafts
- ▶ Gardening or yard work
- ▶ Home improvement projects
- ▶ Cooking
- ▶ Playing a musical instrument

Virtually any productive activity that you find meaningful, and that creates a tangible and satisfying result, can be considered an effort-driven reward. If cleaning your house makes you feel better, then it counts!

Recharging your resilient energy requires steady effort. Investing some time on a daily or weekly basis is the best strategy for rebuilding your resilience or keeping it strong.

For more suggestions on how to build resilience, contact LifeMatters. Help is available 24/7/365.

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