

# RESILIENCE WITH THE HEALTHY MINDS PLATTER

## **What Does It Mean to Be Resilient?**

To be resilient means to be able to “spring back” into shape after being bent, stretched, or pressed. To be emotionally resilient means to be able to spring back emotionally after suffering through difficult and stressful times in one’s life.

Stressed people experience a flood of powerful negative emotions which may include anger, anxiety, and depression. Some people remain trapped in these negative emotions long after the stressful events that caused them have passed. Emotionally resilient people, on the other hand, are able to bounce back to their normal emotional state.

Emotional resilience is important to cultivate and develop because we live in a world that is constantly changing and we don’t always have control over what happens to us or around us.

## **Healthy Mind Platter**

One way to work on developing your resilience is to consider The Healthy Mind Platter. The Healthy Mind Platter was developed by Dr. David Rock and Dr. Daniel Siegel, who were inspired by the new Choose My Plate alternative to the Food Pyramid.

The concept behind the Healthy Mind Platter is that our brains need different types of activities to function optimally, just like our bodies need different types of nutrients from different types of foods. The idea is that our brains need to engage in each of the seven mental activities each day to be able to function optimally and build resiliency.

Take a look at the back of this page to learn about the seven different mental activities, reflect on what you are already doing, and consider what you could start doing to make your mind as healthy as possible!

## **Help Is Available**

Sometimes people have more challenges “bouncing back” than others. Reaching out for help and support can be a crucial part of increasing your ability to move forward with resilience. Below are some resources that can help if you or someone you know is struggling:

### **WWU Counseling and Wellness Center**

360-650-3164

[cwc.wvu.edu](http://cwc.wvu.edu)

The Counseling and Wellness Center offers Western students multiple pathways to well-being. Therapy services—individual, couples, and group therapy—are provided at no additional cost to Western students currently enrolled in 6 or more credits who have paid the Student Health Services fee. Other CWC services, including Survivor Advocacy Services, Gender-Affirming Care, and Substance Abuse Prevention, as well as our drop-in wellness workshops and downloadable resources, are free all Western students.

### **Crisis Text Line**

Text HELLO to 741741

[crisistextline.org](http://crisistextline.org)

A national free and confidential service available 24/7 that offers a nonjudgmental place to work through a crisis with a volunteer crisis counselor.

### **988 National Suicide & Crisis Lifeline**


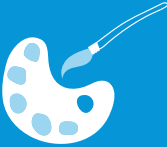





Dial 988

[988lifeline.org](http://988lifeline.org)

A national free and confidential service available 24/7 that offers crisis support for people in distress through a national network of local crisis centers.

# WHAT'S ON YOUR HEALTHY MIND PLATTER?

In the table below, please consider each of the categories from the Healthy Mind platter. For each category, please list at least three things that you already do to support that category of wellness, as well as at least three things you do not currently do but could try doing to support that category of wellness.

 <p><b>FOCUS TIME</b></p>	<p><b>What it looks like:</b> When we closely focus on tasks in a goal-oriented way, taking on challenges that make deep connections in the brain.</p>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Doing homework</li> <li>• Working on a puzzle</li> <li>• Creating a piece of art/music/dance/writing</li> </ul>	<p><b>I already do:</b></p>	<p><b>I could also try:</b></p>
 <p><b>PLAY TIME</b></p>	<p><b>What it looks like:</b> When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, which helps make new connections in the brain.</p>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Trying a new hobby</li> <li>• Playing a game</li> <li>• Trying a new art form</li> </ul>	<p><b>I already do:</b></p>	<p><b>I could also try:</b></p>
 <p><b>CONNECTING TIME</b></p>	<p><b>What it looks like:</b> When we connect with other people, ideally in person, or take time to appreciate our connection to the natural world around us, richly activating the brain's relational circuitry.</p>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Talking to a friend</li> <li>• Joining an AS club to connect with others who share your interests</li> <li>• Taking a nature walk</li> </ul>	<p><b>I already do:</b></p>	<p><b>I could also try:</b></p>
 <p><b>PHYSICAL TIME</b></p>	<p><b>What it means:</b> When we move our bodies, aerobically if possible, which strengthens the brain in many ways.</p>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Working out</li> <li>• Playing a physical sport</li> <li>• Dancing</li> </ul>	<p><b>I already do:</b></p>	<p><b>I could also try:</b></p>
 <p><b>TIME IN</b></p>	<p><b>What it is:</b> When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, helping to better integrate the brain.</p>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Journaling</li> <li>• Meditation</li> <li>• Mindfulness exercises</li> </ul>	<p><b>I already do:</b></p>	<p><b>I could also try:</b></p>
 <p><b>DOWN TIME</b></p>	<p><b>What it looks like:</b> When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge.</p>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Watching TV/movies</li> <li>• Playing video games</li> <li>• Reading for leisure</li> </ul>	<p><b>I already do:</b></p>	<p><b>I could also try:</b></p>
 <p><b>SLEEP TIME</b></p>	<p><b>What it looks like:</b> When we give the brain the rest it needs to consolidate learning and recover from the experiences of the day.</p>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Having a bedtime routine</li> <li>• Going to bed at the same time each night</li> </ul>	<p><b>I already do:</b></p>	<p><b>I could also try:</b></p>