

RESILIENCE TOOLKIT

Gentle, practical tools for navigating difficult days with chronic pain and fatigue.

Resilience is not pushing through at all costs. It can look like adjusting, resting, asking for help, starting again, and choosing what supports you today. Use this toolkit to identify the practices that help you feel steadier, more supported, and more connected to yourself.

1. Pause & Ground

- **Slow your breathing:** Try a comfortable inhale, followed by a slightly longer exhale.
- **Use your senses:** Notice what you can see, hear, feel, smell, or taste right now.
- **Orient to the present:** Look around and gently remind yourself where you are and what you need in this moment.
- **Create a calming cue:** Soft music, a warm blanket, a favorite scent, quiet, prayer, or meditation can become part of your reset routine.

2. Pace Instead of Push

Before	During	After
Choose your priority. Break large tasks into smaller steps. Plan rest before you are depleted.	Move at a sustainable pace. Change position when needed. Pause before symptoms become overwhelming.	Give yourself recovery time. Notice what helped. Adjust the next activity if needed.

3. Build Your Support Menu

Support can be practical, emotional, social, or restorative. Circle or write down what belongs in your personal toolbox:

Rest / quiet time	Gentle movement	Warm bath / heat
Meditation / prayer	Music / sound	Time outdoors
Call or text someone	Ask for practical help	Journal / reflect

MY PERSONAL RESILIENCE PLAN

There is no single right way to cope. Use this page to notice what works for you.

When I am having a difficult day, my body may be telling me:

Things that help me feel calmer or more grounded:

Gentle movement or restorative practices that feel supportive to me:

People I can reach out to for encouragement or practical support:

One thing I can give myself permission to let go of today:

One small thing that would make today feel more manageable:

A gentle reminder:

I am allowed to honor my limits. Rest is part of my wellness. I can adjust without giving up. Small steps still count.

This wellness resource is for general educational and supportive purposes and is not a substitute for individualized medical care.