



Digital Wellness

Building Resilience: Finding Silver Linings

ACTIVITY

Sometimes we'll have a rough day, and things won't go the way we want them to, but if we try, we can always find silver linings.

- 1 ▶ To start, list five things that make you feel like your life is enjoyable, enriching or worthwhile at this moment. These things can be as general as “being in good health” or as specific as “drinking a delicious cup of coffee this morning.” The purpose of this first step is to help you shift into a positive state of mind about your life in general.
- 2 ▶ Next, think about the most recent time when something didn't go your way, or when you felt frustrated, irritated or upset.
- 3 ▶ In a few sentences, briefly describe the situation in writing.
- 4 ▶ Then, list three things that can help you see the bright side of this situation. For example, perhaps you missed your bus this morning. Three ways to look on the bright side of this situation might be:
 - ▶ Even though you missed the bus, you got some good exercise when you were running to catch it.
 - ▶ You're fortunate to live in a city where there was another bus just 10 minutes later, or where buses run reliably at all.
 - ▶ Ten years from now, you likely won't remember what happened this morning.

SOURCE Derived from: https://ggia.berkeley.edu/practice/finding_silver_linings