

## RISE and SHINE CAREGIVERS!!

☐ **Optimism:** Optimism is a pervasive expectation and explanatory style that one's life events and circumstances (global conditions) will turn out positive and favorably; it's a glass half-full perspective. Optimism is not an inherited trait but a habit of positive thinking that can be learned. One way to become more optimistic is to practice gratitude.

☐ **Facing Fear:** The power we get from making choices, focusing on strengths, and using positive and empowering language gives us the energy and courage to face our fears as we move into resilience. If we take up our sword of determination, face the dragon head on, pushing through to resilience, we'll discover we get stronger as a result.

☐ **Belonging:** When we make a choice to cultivate love for self and others; when we seek out ways to belong to something greater than ourselves, when we are willing to commit to the time and work involved in belonging, we fortify our resilience. Developing close relationships with our partner, family of biology or choice, friends, peers, work teams, associations and clubs are all ways to deepen our need for belonging.

☐ **Community for Wellness:** When we participate by giving back and receiving in communities like neighborhoods, work teams, colleges or universities, committees, sports teams, spiritual groups, etc., we fortify our resilience and enrich our wellness.

☐ **Spiritual Connection:** People can renew their spirit by making spiritual connections to their source(s). A person's source might be a higher power, nature, art, music, and/or the universe. Four ways to build spiritual muscles are through prayer, contemplation, meditation, and/or service to others.