Acentra HEALTH

Employee Assistance Program *Tip Sheet*

Micro-Resilience: Small Resets That Help You Bounce Back Faster



While resilience is often linked to overcoming significant challenges, it is also strengthened through responses to everyday experiences and stressors. Resilience is built through actions that help the mind and body recover from stress. These quick resets are sometimes called “micro-recovery” or “micro-resilience”, and they can help restore focus, reduce stress, and keep energy levels steady throughout the day.

Try incorporating a few of these simple resets into your routine:

- **Take a 90-second breathing pause.** Slow, steady breaths calm the nervous system and help you think more clearly.
- **Step outside for two minutes.** Fresh air or daylight can lift mood and clear your mind.
- **Do a one-minute posture reset.** Stretch, roll your shoulders, and take three deep breaths to release tension.
- **Try a “brain unload” list.** Take one minute to jot down everything on your mind including tasks, worries, and reminders. Getting it out of your head and onto paper can reduce cognitive overload.
- **Change your sensory input.** Put on a favorite song, splash cool water on your face, hold a warm drink, or smell something comforting like lavender or energizing like peppermint. Small sensory changes can help interrupt stress patterns and refocus attention.
- **Create small start-and-stop rituals.** Simple routines like planning your top priorities in the morning or taking a short walk after work can help create mental boundaries and signal when it’s time to focus or unwind.

Small, intentional moments like these add up, helping you stay steady and resilient during the day. If stress begins to feel overwhelming, your Employee Assistance Program is available to provide confidential support, resources, and counseling to help you manage life’s challenges.

Reference: Positive Psychlopedia. Micro-Resilience: Small Daily Actions That Prevent Burnout.
https://positivepsychlopedia.com/category/positivepsychlopedia/micro-resilience-small-daily-actions-that-prevent-burnout/

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