Resilience: The BASICS Checklist: Preparing a Personal Action Plan

1) Read the following list of wellness activities and check off those you are routinely undertake.
2) Review again and circle the activities you wish to develop and/or prioritize in the next month.
3) Choose a colleague to discuss the above
4) Ideally, agree to check in with each other about your progress and or obstacles once a week over the next month (at minimum by email – better by phone – best in-person).

B: Physiological well-being

- Exercise regularly (including walking)
- Get quality sleep (do not accumulate a sleep debt).
- Eat nutritiously according to food pyramid principles (name two ways to do that):
  - If I consume alcohol, do so according to low risk guidelines.
  - Appropriately use over-the-counter and prescribed medications.
  - Avoid or reduce use of caffeine.
  - See my family doctor for a check up
  - Other examples of ways I can keep physically fit:

A: Affective (Emotional) and Cognitive Well-being

- Avoid “thinking traps.” (name two):
- Be cognitively flexible - learn to reframe and correct cognitive distortions.
- Use constructive thinking and consider alternative solutions/pathways for problems faced.
- Be attentive to how stress affects the way I think and interact with others
- Learn how to constructively express frustration and anger.
- Be mindful – learn to stay in the present.
- Learn relaxation and mindfulness skills and practise them regularly
- Establish realistic expectations for myself (sometimes pretty good is good enough!)
- Make a “bucket list” of emotional uplifting activities to do – and do them! (name two right now):
- Journal-use “healing through writing.”
Recognize and challenge my self-critical or negative self-talk (name two self-criticisms):

Other examples of ways to improve my emotional and psychological wellbeing:

**S: Social Wellbeing**

- Nurture my relationship with my partner or spouse
- Make a list of friends that I have missed and contact them. (name two right now):
- Make a list of family members I have missed and contact them. (name two right now):
- Moderate time spent on Facebook, the internet or other social media
- Combine recreation with spending time with family and friends.
- Consider the lessons learned that I can share with others.
- Other ways that I can use relationships constructively to enhance my resilience:

**I: Intellectual and Occupational Wellbeing**

- Use all of my vacation time appropriately (not working vacations).
- Establish achievable goals that align with my personal and professional values.
- Spend time every week on one or two hobby activities.
- Break tasks into doable sub-tasks and find satisfaction in completing them.
- Consider and appreciate a sense of meaning in my work.
- Define healthy boundaries between my work life and my personal life
- Learn how to protect those boundaries, including learning how to say “no.”
- Establish a list of priorities for my professional life (name two):
- Establish a list of priorities for my personal life (name two):
- Read to find diversion and comfort.
Other examples of ways to improve my intellectual and occupational wellbeing:

**C: Community Wellbeing**

- Give back and help others. Share my strengths, skills and areas of competence.
- Join a social group that gives my life a sense of purpose.
- Use my cultural or ethnic community traditions, rituals and identity as a support aide.
- Join a group of friends where I feel safe to self-disclose and share my stories and emotions in a genuine way.
- Associate with people who share my positive values and interests in life.
- Spend less time with others that seem to drain my energy or have a negative impact on my mood.
- Spend more time with others with whom I laugh and feel uplifted.
- Other examples of ways to enhance my resilience through community:

**S: Spiritual Wellbeing**

- Engage in altruistic (helping, non-remunerative) behaviours.
- Participate in a spiritual and religious practice / ritual that is comfortable for me.
- Spend time outdoors in natural, peaceful settings.
- Identify other environments or practises that are spiritually uplifting and indulge them (name two):

- Learn to forgive myself – and others.
- Use “self-compassion” and “loving-kindness” meditations toward others and myself.
- Learn to pray regularly (consider daily guidance, gratitude, etc.)
- Go on a “meaning-making mission.” List and share positive experiences with others.
- Recognize life is short and commit to living each moment fully and enter a stage of “generativity”—give to future generations.
- Other examples of ways to improve my spiritual wellbeing:

And the BASICS series of articles, Michael Kaufmann; Ontario Medical Review