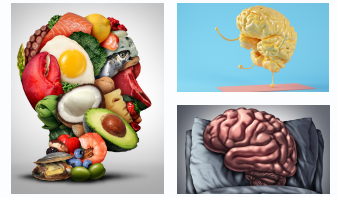


The ART of Resilience: Interoception: Nutrition, Physical Activity, and Sleep Reflection Activity Worksheet



Nutrition: What are you telling your brain?

- Going too long without eating
- Eating too much
- Erratic eating schedule
- Eating too fast
- Low nutrient/higher calorie eating

Physical Activity: What are you telling your brain?

- Sitting too long
- Not activating the heart and lungs enough (aerobic)
- Not challenging the muscles sufficiently (strength)
- Not stretching the muscles enough (flexibility)

Sleep: What are you telling your brain?

- Insufficient hours (less than 7)
- Poor quality
- Erratic sleep schedule
- Lights/screens close to bedtime
- Caffeine/stimulants later in the day

Capabilities needed:
Awareness and Alignment
Knowledge and Skills
Planning and Strategizing
Self-Management and Problem-Solving



Reflection Activity

Increase awareness around when/what/how much you eat and the impact on you and your behaviors.

Increase awareness around when/what/how long/how intensely you move your body and the impact on you and your behaviors.

Increase awareness around how long and how well you sleep and the impact on you and your behaviors.

Implement any nutrition, physical activity, and sleep strategies you think could enhance resilience and stress responses. Become aware of the impact they have.

Note any insights here: