

# RESILIENCY

## Resiliency In The Moment: Restoration

“Trust your body. Be kind to yourself.  
You are enough, just as you are right now.”

- Emily & Amelia Nagoski



## Make Time for Restoration

1. Take a moment to consider the things, activities, or people who help you to refresh.
2. Be intentional with your time.
3. Remove something from your calendar to prioritize the things, activities, or people that help you refresh.

When we feel overwhelmed, we falsely believe that if we work harder we will feel better. Instead, prioritize what is most important and lean into self-compassion.

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