WHAT’s WORTH REPEATING?

Relax. Play Music. Create repetitive line designs. Creating repetitive art can relax our brain and enhance wellbeing. **Resiliency** is the ability to bounce back after adversity. **Protective factors** that foster resilience include optimism, sense of belonging, vision for our future, contributing the wellbeing of another, sense of humor, mastery of something and persistence. (Heise 2010, 2019)

**Brainstorm things in your life that are worth repeating.** (positive thoughts, friendly actions, smiling, being resourceful, focusing on self care....)

**Brainstorm things in your life that are NOT worth repeating.** (negative self-talk, hanging on to friendships that do not bring out the best in us, ....)