



## Survive and Thrive

Community Resource Program Weekly Bulletin – Issue 3

### How To Be More Resilient When Things Get Tough

1. Don't try to solve problems with the same thinking that created them.
2. Have a positive outlook and focus on what you can learn from the experience.
3. Face your fears and have an adaptive attitude that lets you focus on the possibilities even in the worst of times.
4. Work hard and take joy in the small wins that give you strength.

<https://www.inc.com/lolly-daskal/how-to-be-more-resilient-when-things-get-tough.html>



### Joke Corner

1. **What do you call a duck that gets all A's?**  
A wise Quacker

2. **Where would you find an elephant?**  
The same place you lost her!

3. **What kind of water cannot freeze?**  
Hot water.

4. **What kind of tree fits in your hand?**  
A palm tree!

<https://redtri.com/best-jokes-for-kids/slide/1>

### 5 Benefits to Belly Breathing

1. A reduction in stress and blood pressure and a strengthening of abdominal and intestinal muscles.
2. Relief of general body aches and pains.
3. Promotes better blood flow, releases toxins from the body and aids in healthy sleep.
4. Increase in energy level.
5. Help you become more mindful of your body, improving self-awareness.

<https://urbanbalance.com/benefits-deep-breathing/>

Sesame Street – Belly Breathe with Elmo  
[https://youtu.be/\\_mZbzDOpyIA](https://youtu.be/_mZbzDOpyIA)



### Blowing up Balloons

Pretend to pull a balloon out of your pocket. Cup your hands together and hold them in front of your mouth.

Take a deep breath and as you exhale slowly expand your hands as if filling a balloon.

When you are finished, take a deep breath and slowly close your hands back together as you “deflate the balloon”.

Repeat this 5 times.