

# Day 10: Building Resilience

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We practice self-care to have the most powerful impact possible for the long haul. An essential element of this is building up your resilience so that you're able to deal with the unexpected. Resilience can only be built up over time, with practice. It requires many of the tips that we've given you around cultivating spaciousness, breathing deeply, and having a wide view.



## Today's Challenge

Think about a challenge you are facing, what self-care practices from the last nine days could you employ to ground yourself in the face of this difficult situation?

## Deepen Your Practice

In any type of reflection of your choosing (art, writing, poetry etc.), describe how the movement might look if we were all resilient. What might be possible?