

# Building Resilience: One Step at a Time

## Make Mine a Combo

We read and hear about wellbeing and resilience-building, and many of us wonder, “*When will I find the time to use all those good ideas?*” Good question! Most of us have filled our lives to the full line and beyond. So when will we be able to do the things that will strengthen, encourage, and sustain us?

Two strategies to consider sound contradictory, but can be mutually supportive. Together, these strategies may sound like ordering lunch by saying “I’m trying to stay on a diet, so make mine a combo!” What are these strategies?

**First**, *do fewer things but do more of what really helps you*, and **second**, *combine activities to save time and increase impact*. For me, the starting point was making more time. For example, I can easily spend an hour or two a day (in smaller segments) checking newsfeeds, often called “*doomscrolling*.” Yet knowing the news adds no value to my living; it only feeds my sometimes morbid interest. So, I cut that out.

We all have versions of “doomscrolling;” social media, binge-watching, web surfing, You Tubing, and escape-reading. There may be nothing inherently wrong with these, but such activities can be exchanged for things that might be more useful to you.

When you create time and space for physically and emotionally healthy activities, you can also “make it a combo.” That means pursuing them in combinations for a more significant impact. For instance, when I walk my dog, I meditate, pray, plan, and solve problems. When I read, I choose things that build my understanding and resilience while providing valuable tools for my work. Sometimes it is efficient – if I go to the bank or a meeting, I walk the dog. Four birds were killed (exercise, “me” time, dog time, and errands done) with one stone.

Creating regenerative time and space will take effort, but it will be worthwhile. And it will take time to cement into a routine. Stay with it! As you make the transition think of how you can make that time “a combo” by combining purposeful activities.

- Use the stairs whenever possible, and use walking time to clear your thoughts, meditate or pray, or recall “gratitude moments.”
- Walk to get coffee at that place a few blocks away.
- Add errands to the dog walking routine – the dog will be glad to help you. Remember the wag bags.
- Turn social media time into intentional time with friends. Be genuinely social by reaching out, reconnecting, sharing meaning, and expressing gratitude instead of simply scrolling.
- Focus some social time on people you long to reach out to, not simply the “usual suspects.” Call up that old friend to talk. Invite a friend out or over for coffee.
- Set up a play date for the kids with a friend’s kids, and then spend the time with your friend in good conversation.
- Exercise, shop, cook, or do projects with a friend.

You get the drift. Check out the [WellnessMN.org](http://WellnessMN.org) website for ideas on how to use alone time, gratitude, prosocial activities, and more. And make yours a combo!