

RESILIENCE TOOLS FOR LIVING SINGLE IN THE FOREIGN AFFAIRS COMMUNITY

Prepared by FSI's Transition Center/Center of Excellence in Foreign Affairs Resilience

Put health and wellness first

Prepare for life's challenges. Get moving. Commit to sleep hygiene. Practice mindful breathing. Eat a healthy diet full of whole foods and limit processed foods.

Establish connections

Be purposeful in identifying supportive friends and family. Meaningful social support is essential to our well-being. Pets can also be vital, but do not replace human interaction.

Foster realistic optimism

Consciously focus on what is going well in your life while and when possible, try to positively reframe the parts that are not.

Diversify your meaning and purpose

Fulfillment comes from having meaning and purpose in various aspects of our lives. Purpose tied to one thing often limits our scope of happiness.

Practice mental agility

Be flexible and adaptable by choosing to approach the world with a curious mind. Permit yourself to let go of old ways. Embrace the unknown and foster a growth mindset by viewing obstacles as opportunities.

Say "yes" and "no" with purpose

Don't overcommit when your plate is already full. Saying 'No' means saying 'Yes' to other personal or professional priorities. With intentionality, say "Yes" to what fills you with joy or aligns with your personal values.

Manage expectations

Increase your sense of control by managing your expectations by ensuring they are grounded in truth and limited in scope.

Foster self-awareness

Regularly dive inward and reflect on who you are and what you want and need. Establish your sense of purpose then stay the course. Clear purpose motivates us and leads to goal setting.