

## BASICS Principles for Resiliency

- **B:** is for Body: Nutrition, alcohol & caffeine intake, sleep and rest, taking care of personal health, Exercise
  - **A:** stands for Affect, attitude, and psychological matters: Perfectionism, Cognitive Distortions, Attitude Self-Monitoring, Mood diary
  - **S:** is for Social and refers to our personal intimacy relationships with others
  - **I:** is for Intellect: Learn and practice resiliency. Know that changes are inevitable but choice and control issues are yours to work on. Take additional courses (non medical/medical). Follow your passion: Art, Music, hobby, sports, and writing. Take learning/volunteering vacations
  - **C:** stands for Community: Build a healthy community. Get in to medical and non-medical involvement. May follow Social/Political cause Join or start Self help and support groups
  - **S:** refers to the Spiritual: perhaps the least discussed yet most alluring aspect of resilience: Acceptance, Altruism and Mindful. Aware of greater force than you and being powerless. Be humble
- Summary:** Always Play, Pray and Ponder

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### **Vasavada's W's worth to Pursue**

- Wellbeing: physical, mental and personality
- Wealth or absence of poverty
- Working partner/Spouse/Love
- Work:
- Well-wishers (Friends, Family, Culture, Religion, institutions)