



BE VERDANT PODCAST SUPPLEMENTAL GUIDE

Episode 30: Resilient at Any Age

5 Ways to Bounce Back

1. **Look for Ways to Cut Back:** With years of collecting behind you and retirement relatively near, now is a great time to start decluttering. If you haven't used those roller blades or scrapbooking materials by now, it probably isn't going to happen. Clearing out clutter helps us let go of the past, create clarity for the future, and focus on what is important.
2. **Blast from the Past:** Take time to relisten to albums or artists you haven't heard in a while. Enjoy the memories and focus on all you have accomplished and how much you have grown.
3. **Try Something New:** One way to be present and mindful is to try a new hobby or learn a new skill. This is also a scientifically proven way to keep your mind agile and build new neural pathways. Embed new ways of thinking, with a focus on self-compassion, as you learn to deepen your recovery in mind, body and spirit.
4. **Connect with Loved Ones:** Having a history means you have plenty of people you have met who understand who you are and where you come from. Reach out to that friend you haven't spoke to in a while to reconnect and reminisce. Surrounding ourselves with people we enjoy is a great way to build resilience.
5. **Volunteer:** Find a mission you care about and an organization dedicated to that cause. Most nonprofits would be happy to leverage your expertise. Need ideas? Check out sites like [Catchafire](#) to find organizations in need.