

The Resilient Heart Plan

Strengthen your mind. Protect your heart.

Resilience is your ability to recover from life's challenges. Life will always include withdrawals – busy days, emotional strain and unexpected setbacks.

The goal isn't to remove stress entirely. It's to make regular deposits so your system can cope when challenges arise.

Many deposits fall within six key pillars: Movement, Nourishing Food, Sleep, Managing Mental Load, Social Connection and Time in Nature.

Deposit ideas	Common Withdrawals
Going for a short walk	Late nights scrolling
Eating regular, balanced meals	Skipping meals or eating on the go
Getting 7-9 hours of sleep	Sitting for long periods without movement
Having a meaningful conversation	Cancelling plans and isolating yourself
Taking five minutes to pause or breathe	Constant multitasking without breaks
Stepping outside for fresh air	Working through breaks
Setting boundaries around work or screens	Using alcohol as the main way to unwind
Moving your body – yoga, running, swimming etc.	Spending little time outdoors



When deposits outweigh withdrawals, your resilience grows – helping both your mind and heart cope better with life's challenges.

You can't avoid every withdrawal – but you can choose your deposits.

Create Your Resilient Heart Plan

Small, consistent deposits build resilience over time. You don't need to change everything at once.

Choose one or two areas to focus on this week.

What drained my energy last week?

These are your main resilience withdrawals

What can I focus on this week?

Choose the pillars where you feel you could add small resilience deposits.



My resilience deposits this week

What small actions could support your mind and heart?

Resilient Heart Tracker

Use this tracker to log what resilience deposits and withdrawals you make this week.

Resilience Deposits

E.g. I will be in bed by 9pm with all screens switched off and read a book.

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Resilience Withdrawals

E.g. I watched TV too late in the evenings.

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