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WAYS to build RESILIENCE

Make Connections

Accepting help and support from those who care about you and will listen strengthens resilience

Look Ahead

Avoid seeing crises as insurmountable problems; Find purpose in your healing and service to others

Accept Change

Accept that change is part of living; Accepting what cannot be changed helps you focus on what can be

Move Forward

Ask yourself, "What's one thing I can accomplish today that helps me move toward my goals?"

Decisive Action

Take decisive actions, rather than detaching from problems and wishing they would go away

Self-Discovery

Look for opportunities to learn about yourself; How have you grown as a result of your struggles?

Trust In You

Nurture a positive view of yourself and your ability to solve problems

Keep Perspective

Focus on the important things you have in your life; Cultivate moments of gratitude daily

Build Hope

Try visualizing what you want, rather than worrying about what you fear

Self-Care

Pay attention to your own needs and feelings; Engage in activities that you enjoy and find relaxing