RESILIENCE WANTS YOU!

Reflect: Notice your strengths and talents. Challenge negative self-talk. Recognize when you are competing with others to compete. Keep a journal. Take a walk. Practice these activities for resilience.

The key to resilience is balance daily activities, including physical, mental, and emotional health. Engage in activities that promote physical activity, mindfulness, and social connections. Regularly practice deep breathing, meditation, and other relaxation techniques.

Cultivate Optimism: Thinking positively means viewing yourself and your abilities in a favorable light. Find the bright side of a potentially bad situation. Build your confidence and hope, which leads to success.

Learn from Experience: Reflect on what went well and what you could improve. Adapt to new situations. Be open to constructive criticism and feedback.

Form & Maintain Strong Relationships: People who respect and accept one another can provide support in good times and bad. Avoid engaging in competitive one-upmanship conversations. Be a good listener. Be honest and direct. Be supportive.

Create Digital Boundaries: Use your energy wisely. Take breaks. Use apps designed to help you avoid distractions. Set limits on screen time.

Cultivate Friendships: Be kind and trustworthy. Look for qualities in others that you value. Speak up for what you believe in. Ask questions and listen actively.

Emotional Resilience will help you remain balanced when life conflicts or adversity occurs. Without falling apart, you can bounce back from adversity and respond to changing circumstances.

Connect with a variety of people. Express your gratitude every day. Take your comfort zone. Take a purposeful break. Have fun and keep laughing. Be kind to yourself. Be grateful for what you have. Be thankful for the people in your life. Keep a journal. Take a walk. Practice these activities for resilience.