These tips can strengthen your emotional resilience:

• Focus on what you can control
• Limit your hostility towards self and others
• Use events as learning experiences
• Alter your negative perceptions with positive self talk
• Develop compassion for yourself and others
• Develop good self-care habits including exercise and sleep
• Strengthen supportive relationships
• Look for the humor in situations
• Develop mindfulness – live in the moment
• Set realistic goals