

TIPS FOR STRENGTHENING RESILIENCE

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