

BUILDING
Resilience
BY DEVELOPING

Positive
Thinking

Wellness

Connection

Purpose

BUILDING *Resilience* BY DEVELOPING

Positive
thinking

**Keep things in
perspective**

Try to identify areas of irrational thinking and adopt a more balanced and realistic thinking pattern.

Accept change

**Maintain a
hopeful outlook**

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

Learn from your past

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Wellness

Take care of your body.

Promoting positive lifestyle factors like proper nutrition, ample sleep, hydration, and regular exercise can strengthen your body to adapt to stress.

Practice

mindfulness

Mindful journaling, yoga, and other spiritual practices like prayer or meditation can also help people.

Avoid negative outlets

Don't get tempted to mask your pain with alcohol, drugs, or other substances.

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Connections

Prioritize relationships

Focus on finding trustworthy and compassionate individuals and developing relations.

Join a group

People find that being active in civic groups, faith-based communities, or other local organizations provides social support and can help you reclaim hope.

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Help others

Focus on finding trustworthy and compassionate individuals and developing relations.

Move toward your goals

Develop some realistic goals and do something regularly—even if it seems like a small accomplishment—that enables you to move toward the things you want to accomplish.

Look for opportunities for self-discovery.