

How resilient are you?

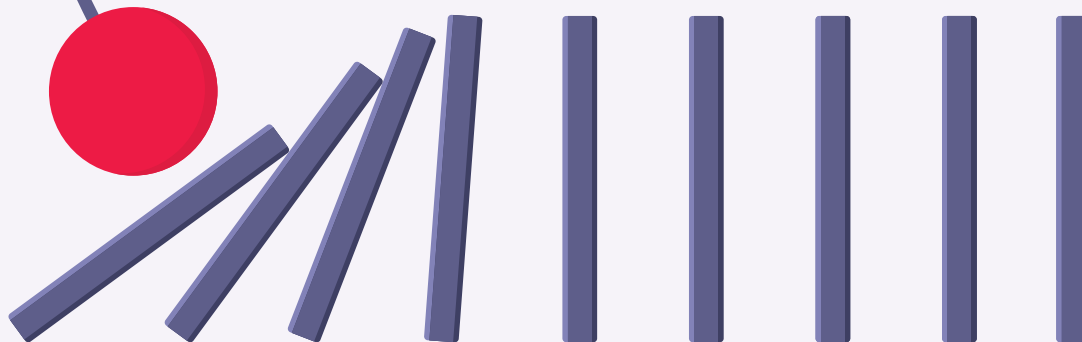
What is resilience?

The ability to confront crises and difficult situations without getting overwhelmed by them. Being resilient can help protect you from:

- Depression
- Anxiety
- Stress
- Health Issues

5 Tips for Building Resilience

- **Maintain strong connections with family and friends.** Having strong, positive relationships with others provides a cushion of acceptance and support that can help you weather tough times.
- **Avoid viewing problems as insurmountable.** Learn from past experiences and be confident that you will get through a current crisis, too.
- **Accept that change is part of living.** The reality is that certain things cannot be controlled. Accepting change makes it easier to move forward with your life.
- **Keep a long-term perspective and hopeful outlook.** Set goals for yourself so that you can feel productive and purposeful every day, and create longer-term goals so that you have a direction for your future.
- **Take care of your physical and mental health.** It's especially important when you are feeling stressed to continue to eat a healthy diet and get adequate sleep and regular exercise.



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