



10 Ways to Develop Resilience

1. Make connections and building your social support network.



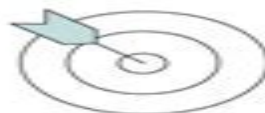
2. Avoid the tendency to view crises as insurmountable challenges.



3. Accept that change is a natural and unavoidable part of life.



4. Move towards your realistic goals.



5. Take decisive action that will help you face your challenges.



6. Look for opportunities that promote self-discovery.



7. Nurture a positive view of yourself and your abilities.



8. Keep things in perspective and in context.



9. Maintain a hopeful outlook on life.



10. Take care of yourself.



Four Themes of Resilience training:

Resilient Thinking



Managing Emotions



Effective Relationships



Building on Strengths



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Rachel S Tattersall



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