



GuidanceResources®

HOW RESILIENT ARE YOU?

What is resilience?

Re-silience: Confronting crises and difficult situations without getting overwhelmed by them.

Being resilient can help protect you from:

Depression Stress Anxiety 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.

Here when you need us.

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