

LET'S TALK ABOUT *Resilience*

WHAT IS RESILIENCE?

Resilience is the process of adapting in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family or relationship problems, serious health challenges, or workplace and financial issues. It means “bouncing back” from difficult life experiences.

Being resilient doesn't mean that you don't experience hard times. In fact, emotional pain and sadness are common in people who have suffered major adversity and trauma in their lives. The road to resilience most often involves considerable emotional distress.

Resilience is not a trait that you either have or don't have. It includes behaviors, thoughts, and actions that can be learned and developed.

THINGS TO MASTER AND BECOME RESILIENT

1. ACCEPT

What is one circumstance that you need to accept, in order to move forward?

2. STAY CALM

What do you find works for you, when you need to regain a sense of calm?

3. BE AUTHENTIC

Fill in the blanks about yourself:

I am _____

I accept _____

I love _____

4. BE REALISTIC

Set 3 realistic goals for this month (big or small):

