

Build Resilience



CREATIVE
HEALTH CARE
MANAGEMENT

MAKE CONNECTIONS

Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope.

AVOID SEEING CRISES AS INSURMOUNTABLE

You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

TAKE DECISIVE ACTIONS

Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

ACCEPT THAT CHANGE IS A PART OF LIVING

Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

TAKE CARE OF YOURSELF

Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Ackerman, C. (2017, June 13). 27 Resilience Activities and Worksheets for Students and Adults. Retrieved from <http://positivepsychologyprogram.com/resilience-activities-worksheets/>