A Take – Home Message

There are many ways to build resilience so that it becomes your natural tendency. Try some of these strategies the next time.

1. Turn off the news and seek other sources of inspiration.
2. Remember a time when you felt resilient in the past. Tap into what allowed you to find a sense of courage and strength.
3. Think of someone who exudes resiliency and model his or her behavior.
4. Write it down. Writing down your thoughts and feelings can help you feel better about where you are on this journey.
5. Reconnect with other and help build their resiliency.
6. Be kind to yourself. Have some compassion and ease up on your expectations.
7. When you're feeling overwhelmed, doing on small thing can help your move forward.
8. The moment you start believing that you can bounce back is the same moment things will start going your way.