



RESILIENCE

Facing Challenges With Strength

Life has problems and tough times, to be sure. Being resilient is about looking at those challenges from a different angle. When you do that, you can bounce back more easily. And even learn from stressful situations.

FIVE WAYS TO GET STARTED

1. Take five. When you're stressed, take five minutes to walk, stretch or take deep breaths. It can help you put things in perspective and think of creative solutions.
2. Find a role model. Notice the people in your life who deal well with stress. Their positive approach may help improve your coping skills. Watch and learn.
3. Know your limits. Change what you can, accept what you can't and know there are limits to what one person can do.
4. Add play to your day. Spend 10 minutes doing an activity that makes you happy. It can boost your energy for other tasks.
5. Ask your future self. When facing a challenge, imagine yourself five years from now. What advice would you give yourself?