

# 9 WAYS TO BUILD RESILIENCE

1. Make connections & form supportive relationships.
2. View challenges, setbacks, and change as opportunities for self-discovery and growth.
3. Reframe your stressful thoughts.
4. Break larger goals into smaller goals and celebrate small wins.
5. Reflect on a time you overcame a challenge and how it made you feel.
6. Nurture a positive view of yourself and practice positive affirmations.
7. Write down 3 things you are grateful for each day.
8. Find your sense of purpose.
9. Practice regular self-care (mindfulness, exercise, nutrition, and sleep).

CHW | 617-573-8226 |  chw\_supers

