10 WAYS TO BUILD RESILIENCE

1. Make connections & form supportive relationships.
2. Avoid seeing crises as insurmountable problems.
3. Work towards acceptance that change & challenge are a part of life.
4. Identify small steps that bring you closer to your goals.
5. Take incremental action towards goals.
7. Nurture a positive view of yourself.
8. Keep things in perspective.
9. Maintain a hopeful outlook.
10. Practice regular self-care (meditation, exercise, nutrition, etc).

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