

# Revive your Resiliency



Life can be tiring, especially when dealing with a series of struggles or stressors. Resiliency, or the ability to recognize, dissect, and troubleshoot such stressors, may not come easily to everyone. Follow these practices to nurture your resilience.

## Keep connected.

Healthy relationships with friends, family, and within your community are essential for building resiliency. Far away from family? Connect with neighbors, coworkers, and even pets to feel uplifted and energized.

## Self-care is not selfish.

Taking care of yourself in a day-to-day way replenishes mental energy stores to better deal with stressful situations. Focus on getting plenty of sleep, fresh air and exercise.

## Face your fears.

Build your courage and confidence to handle the unknown. Tackle everyday fears, such as heights or public speaking, by slowly and repeatedly exposing yourself to something that scares you.

## Meditate.

Practicing mindfulness helps bring attention to the present instead of ruminating on the past. Set five minutes aside to meditate and check in on the current moment—how do you feel physically, mentally and emotionally.

## Learn from mistakes.

When something bad happens, try to use it as a way to learn what could be done differently. Practice this during calm times by thinking of events in the past that were hard and pull out the elements that turned out to be positive.

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