



# Building Resiliency

All people have the ability to overcome adversity and to succeed in spite of their life circumstances. Resilience is a strengths-based construct, meaning its focus is on providing the developmental supports and opportunities (protective factors) that promote success.

## **Make Connections**

Accepting help from those who care about you and will listen to you strengthens resilience.

## **Avoid seeing crises as insurmountable problems**

Find new ways to interpret and respond to these situations.

## **Accept that change is part of living**

By accepting what you cannot change, you can focus more successfully on things you can change.

## **Move toward your goals**

Never allow yourself to move backward or be complacent with being almost successful

## **Take decisive actions**

## **Look for opportunities for self-discovery**

Many people who have experienced tragedies and hardship have reported better relationships, greater sense of personal strength even when feeling vulnerable, increased sense of self-worth, a more developed spirituality, and a heightened appreciation for life.

## **Nurture a positive view of yourself**

Confidence in yourself and your abilities builds resilience

## **Keep things in perspective**

Things aren't always as bad as they seem.

## **Maintain a hopeful outlook**

## **Take Care of Yourself**

Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.