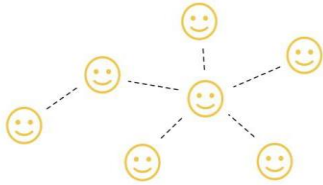


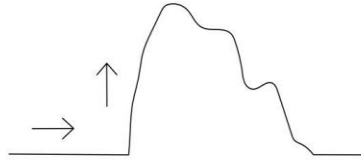


10 Ways to Develop Resilience

1. Making connections and building your social support network.



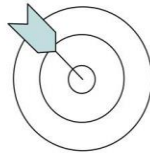
2. Avoiding the tendency to view crises as insurmountable challenges.



3. Accepting that change is a natural and unavoidable part of life.



4. Moving towards your realistic goals.



5. Taking decisive actions that will help you face your challenges.



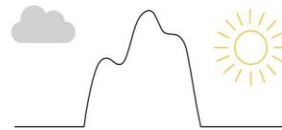
6. Looking for opportunities for self-discovery.



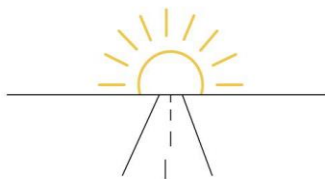
7. Nurturing a positive view of yourself and your abilities.



8. Keeping things in perspective and in context.



9. Maintaining a hopeful outlook on life.



10. Taking care of yourself.

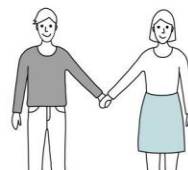


Four Themes of Resilience training:

Resilient Thinking



Effective Relationships



Managing Emotions



Building on Strengths

