



Building Resilience

Some people are more capable of bouncing back after stumbling than others. That's due to their resilience. Resilience is about confronting crises without being overwhelmed by them. Resilient people are better able to handle life's stressors and adapt to changing situations.

Adults and children can develop resilience by improving self-esteem, cultivating a strong system of social support and taking care of their physical and mental health. Here are some other tips for building resilience:

- **Maintain Strong Connections With Family and Friends.** Strong, positive relationships provide a cushion of acceptance and support that can help you weather tough times.
- **Avoid Viewing Problems as Insurmountable.** Learn from past difficulties and be confident that you will get through current crises, too.
- **Accept That Change Is Part of Living.** Accepting change makes it easier to move forward.
- **Keep a Long-term Perspective and Hopeful Outlook.** Set goals for yourself so that you can feel productive and purposeful every day, and create longer-term goals so that you have a direction for your future.
- **Take Care of Your Physical and Mental Health.** It's especially important when you are feeling stressed to eat healthy and get adequate sleep and regular exercise.

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