



5 Tips to Build Resilience

Learning how to overcome setbacks, adapt to changing circumstances, and perform well under pressure are valuable skills to learn and have.

These skills can be summarized into one trait: resiliency. Here are 5 tips to help you build your resilience:

1. **Release tension.**
2. **Practice healthy habits.**
3. **Laugh out loud.**
4. **Have a positive mindset.**
5. **Look at the big picture.**

Want more?

For more tips to help you build resilience, visit **PacificSource.com/resilience**.



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