



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.** Don't be afraid to express feelings. Find a way to let your feelings out, whether through journaling, drawing, meditating, or talking with a friend or counselor.
- 2. Practice healthy habits.** One of the best things you can do for yourself during stressful times is take care of your body. The mind won't function well when the rest of the body is struggling.
- 3. Laugh out loud.** Laughter can be incredibly powerful. It can help relieve stress, boost your mood, and keep things in check.
- 4. Have a positive mindset.** You've overcome setbacks in the past, and you'll overcome them in the future. Find at least one thing to focus on to help you stay optimistic.
- 5. Look at the big picture.** We can get so focused on the problem that it takes away from the big picture. Step back and look at all you've accomplished and all you have to look forward to.

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

