

HOW TO BUILD RESILIENCE

- ❑ **Build connections with other people.** Prioritize your relationships and reach out to others by joining community-based groups in your area.
- ❑ **Manage your thoughts.** Work on maintaining a hopeful outlook and accept that change and setbacks are part of life. The important thing is to keep working toward your goals.
- ❑ **Take care of yourself.** Foster wellness by taking care of your mind and body. Eat well, stay physically active, and avoid unhealthy coping mechanisms.