Becoming resilient not only helps you get through difficult circumstances, it also empowers you to improve your life along the way.

**Useful Tips**

- Focus on what you can control, not what's out of your control.
- Be solution-oriented, not problem-oriented.
- Don't isolate yourself – connect!
- Use events as learning experiences. Be flexible and open-minded.
- Choose kindness over being right. Resist the need to be critical.
- Look for the humor in things. Lighten up!
- Let go of "shoulds" which add lot of pressure.
- Strive for goodness, not perfection! Give up the need to be right. Accept limitations.
- Develop good self-care habits. Allow yourself "time out" regularly. Take care of your physical, emotional and spiritual needs.
- Seek to understand – not to only be understood.
- Develop mindfulness. Learn to live in the present. Don’t ruminate on events, which can’t be changed.

Reference: [https://belmontwellness.com/](https://belmontwellness.com/)