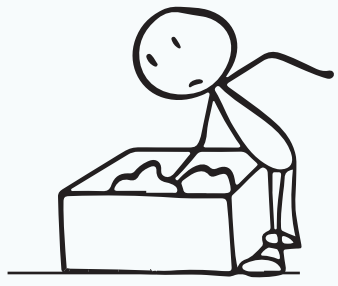


STRENGTHENING YOUR EMOTIONAL RESILIENCE



Useful Tips

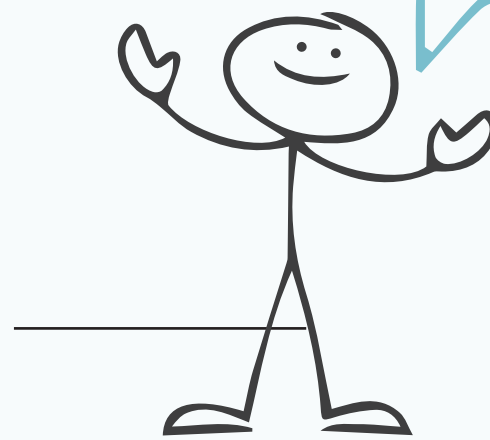
Don't isolate yourself – connect!

Focus on what you can control, not what's out of your control.

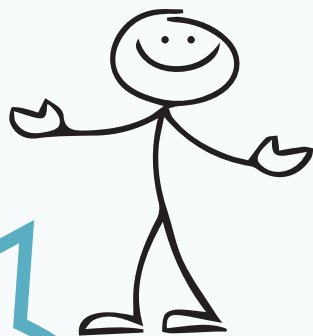
Be solution-oriented, not problem-oriented.



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



Use events as learning experiences. Be flexible and open-minded.



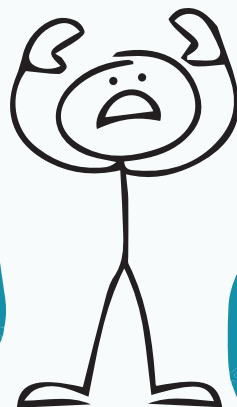
Choose kindness over being right. Resist the need to be critical.

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.



Give Mindfulness a try

CLICK HERE

