



Building inner strength

Resilience is an “inner strength.” It can help you bounce back after stressful situations without being overwhelmed or acting in a destructive way.

How you think can affect how you feel

Being resilient doesn't mean that you find it easy to deal with difficult or stressful situations. Or that you won't feel angry, sad or worried during tough times. But it does mean that you won't feel so overwhelmed. You'll be less likely to give up and more likely to cope with stressful situations in healthy ways.

Six ways to be more resilient:

1

Accept that things change

You can't change what happens. But you can change how you feel about it.



2

See the big picture

Difficult things can teach us about ourselves. Ask yourself what you might do differently next time.



3

Tap the power of optimism

Make a point of noticing at least one thing you're grateful for every day.



4

Build relationships

Give help freely to important people in your life. And don't be afraid to let them help you.



5

Believe in yourself

Building self-esteem is a lifelong process. Start by saying something good about yourself out loud.



6

Take care of yourself

Pay attention to your needs and feelings. Do things you enjoy and find relaxing.



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