

Expert Tips for Resilience

(Charney & Southwick, 2012)

- Use your values to guide your life
- Make sense of bad things that happen
- Try to focus on good things in life
- Learn from others who handle problems well
- Don't run from things that scare you, face them
- Reach out for support when life is hard
- Learn new things whenever you can
- Exercise and move your body in healthy ways
- Don't be mean to yourself or others, and don't dwell on the past
- Recognize what makes you strong and own it!

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