

Expert Tips for Resilience

(Charney & Southwick, 2012)

- Develop a core set of beliefs that nothing can shake
- Try to find meaning in whatever trauma has happened
- Try to maintain a positive outlook
- Take cues from someone who is especially resilient
- Don't run from things that scare you: face them
- Be quick to reach out for support when things go haywire and life is hard
- Learn new things as often as you can
- Find an exercise regimen you'll stick to
- Don't beat yourself up or dwell on the past
- Recognize what makes you uniquely strong-and own it

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