

Be mindful of... Building resilience

Some people bounce back from life's challenges more easily than others. But, all of us can strengthen that mental muscle we call resiliency. This is a set of skills to help us cope and recover when something bad happens. While building resiliency is a personal journey, common skills include accepting change, being optimistic, taking steps toward goals, having self-compassion and forgiveness, and practicing mindfulness.



DON'T GIVE UP!

