



TEN SKILLS AND ATTITUDES THAT CAN HELP BUILD RESILIENCE

Connect/Communicate with Others



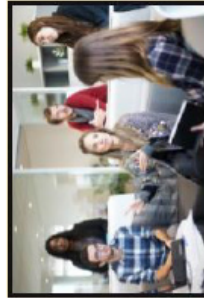
Relationships that can provide support and caring are one of the primary factors in resilience. Share your thoughts with others.

Be Flexible



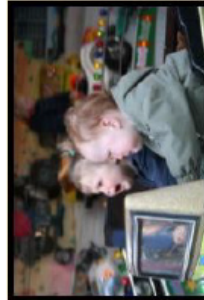
The ability to consider new ways of thinking about and responding to both familiar and novel situations.

Problem Solve



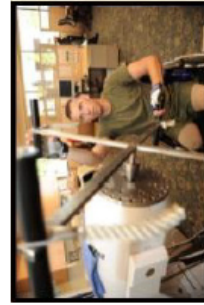
Problem solve both individually and with others. Make realistic plans and take action to carry them out.

Manage Strong Feelings



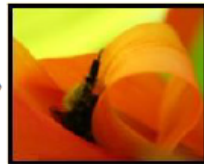
The ability to use thinking as a way of managing emotions is a key component of this skill.

Self-Confidence



The belief in your ability to confront and manage obstacles that might prevent you from moving forward with your goals.

Find the Purpose and Meaning in Life



Being able to make sense out of what is happening and to find meaning in it is critical. If one is to be able to manage the feelings that are aroused in a crisis.

See the Big Picture



Look beyond the immediate situation with optimism. Consider the impact before locking in your response. Positivity encourages better outcomes.

Appreciate and use Humor



Laughter may have healing powers. Find the humor when you might otherwise be left with negative thoughts and/or emotions.

Care for Yourself



Take care of your physical and emotional needs. Eat regularly, exercise, play games/a sport. Being your best requires feeling your best.

Care for Others



Practice what you have learned, share your skills with others. Occupations and volunteer activities that involve caring for others can often build resilience.

