

Resilience

STRATEGIES



The ability to emerge from challenges even stronger

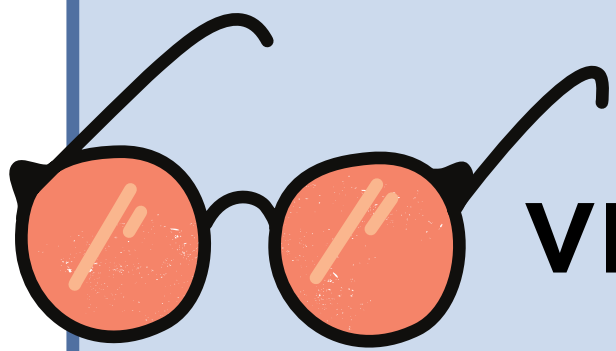
1:1 FRIENDSHIP TIME

- You are not alone
- Accept help



SERVE

- Find a purpose beyond yourself

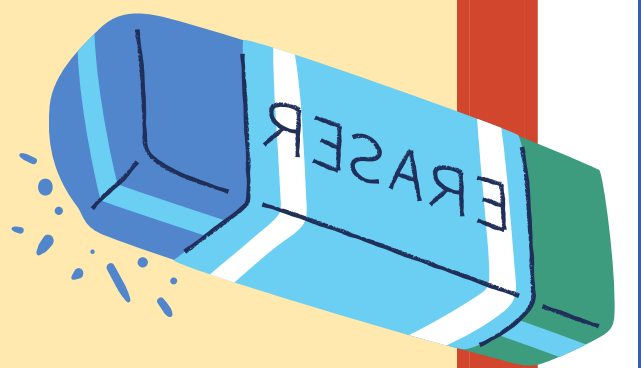


VISION

- Set realistic goals
- Proactively work towards goals

HEALTHY MIND

- Challenge negative thinking
- Reframe a challenge to an opportunity
- Learn from mistakes
- Be hopeful



HEALTHY BODY

- Eat well, sleep well, exercise

LEAN ON PAST SUCCESS

- Trust your strengths and your ability

