

"Resilience"

5-Tips to Help You Maintain it in 2021

"the capacity to recover quickly from difficulties; toughness"

OUR ABILITY TO BOUNCE BACK FROM ADVERSITY AND COME BACK STRONGER

1. Accept Change

IN 2020 WE ALL HAD TO ADAPT TO SOMETHING NEW. MANAGE YOUR EXPECTATIONS ALLOW FOR FLEXIBILITY CONTINUE TO ADAPT

2. Keep Things in Perspective

FOCUS ON THE POSITIVES AROUND YOU. REALIZE SOME THINGS WILL BE OUT OF YOUR CONTROL, YOU CAN'T CHANGE WHAT HAPPENS BUT YOU CAN CHANGE HOW YOU REACT TO IT

3. Prioritize Relationships

WE ARE SOCIAL BY NATURE. LEAN ON YOUR SOCIAL NETWORK FOR SUPPORT. INVESTING TIME IN RELATIONSHIPS CAN HELP FOSTER UNITY

4. Take Care of Yourself

DOING NICE THINGS FOR YOURSELF OR PLANNING ACTIVITIES YOU ENJOY CAN PROMOTE A BETTER MOOD

5. Seek Help

IF YOU ARE FINDING IT HARD TO ADJUST, HELP IS AVAILABLE. PROFESSIONALS CAN HELP YOU FIND STRATEGIES TO STAY AFLOAT AND MOVE FORWARD.