

## RESILANCE – 10 Qualities that build resilience!

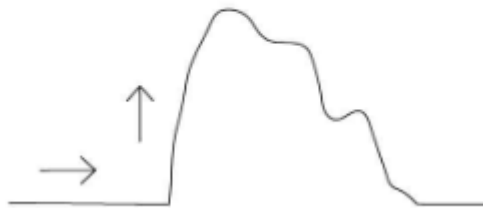
**Instructions:** Cut these apart and put in the order of YOUR strengths first. Do this with others in your family, friends through an online zoom meet up and notice how we all have different resilient qualities. You may then notice what a friend or family member is really good at that you appreciate. Tell them!

1. Make connections and building your social support network.



Reach out and talk to friends/family

2. Avoid the tendency to view crises as insurmountable challenges.



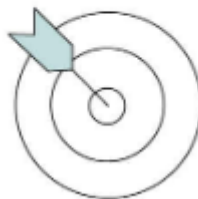
It may feel really big – BUT is it really that big?

3. Accept that change is a natural and unavoidable part of life.



Change is hard – this is where I grow!

4. Move towards your realistic goals.



What's one thing I can do?

5. Take decisive action that will help you face your challenges.



This is the action I can take

6. Look for opportunities that promote self-discovery.



What can I Learn?

7. Nurture a positive view of yourself and your abilities.



I am getting good at....

8. Keep things in perspective and in context.



At least we can.....this too shall pass.

9. Maintain a hopeful outlook on life.



I CAN DO THIS!

10. Take care of yourself.



Time to do something for myself realxing/fun/active...