

THE ART OF RESILIENCE



Greater resilience leads to increased physical and mental health



How we view a situation and respond to it matters



Habitually shifting what you focus on to the people, places, or things that keep us feeling centered, grounded, and optimistic will help build resiliency



Taking care of ourselves in ways like eating a balanced diet, getting enough physical activity, and practicing proper hydration will help us to be more resilient



Focusing on which relational spheres are important to you and building those connections fosters resilience