



Be social.
Make meaningful
connections.



Crises are not
impossible challenges.
They are opportunities.



Know that change
is natural. Embrace
new paths.



Work toward small,
practical goals.



Face your challenges
with decisive actions.



Make time for
self discovery.

10 Ways to Become Resilient



Recognize what
makes you amazing.



Keep your thoughts
in perspective.



Relax. It's good for
your body and mind.



Strive to maintain a
hopeful outlook on life.

Themes of Resilience

- Think resiliently.
- Manage emotions.
- Have effective relationships.
- Build strength.

Need help becoming more resilient?

Contact the Employee and Family Assistance Program
at EFAP@UVMHealth.org.

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