10 Ways to Become Resilient

- Be social. Make meaningful connections.
- Work toward small, practical goals.
- Make time for self discovery.
- Keep your thoughts in perspective.
- Face your challenges with decisive actions.
- Recognize what makes you amazing.
- Crises are not impossible challenges. They are opportunities.
- Relax. It’s good for your body and mind.
- Strive to maintain a hopeful outlook on life.
- Know that change is natural. Embrace new paths.
- Think resiliently.
- Have effective relationships.
- Manage emotions.
- Build strength.

Themes of Resilience

Need help becoming more resilient? Contact the Employee and Family Assistance Program at EFAP@UVMHealth.org.