Growing Resilience

8 Tips to Weather Harsh Seasons

Reflect
Journal to identify coping skills that were effective in the past. Find meaning in this event and purpose in your role in it.

Connect
Invest meaningfully in your relationships. Practice vulnerability and seek support from trustworthy and compassionate individuals.

Live Your Values
Remind yourself what is truly important to you, and let that guide your actions. What is one small way you can live your values today?

Engage in Self Care
Check in with yourself. Are you getting your basic needs met? Do one pleasurable activity every day.

Cultivate Gratitude
Savor small positive experiences. Identify 5 things for which you're grateful daily.

Practice Mindfulness
Do what centers you. Breathe, meditate, get outside, use your 5 senses to ground yourself. Be aware of unhelpful thought patterns. Redirect rumination to problem solving.

Hope
Cultivate optimism. Accept change, be flexible, and remember struggles are transient.

Forgive
Be generous with yourself and others. Mistakes present opportunities for growth, self-discovery, and learning. Be realistic with your expectations.

Research indicates that stressors and adverse life events pose challenges for many people's mental health. Resilience is a set of traits and skills individuals use to adapt and even thrive during adversity. Growth mindset suggests that with practice, people can grow in resilience. Here are 8 evidence-based methods to improve your coping strategies now.