10 Ways to Develop Resilience

1. Making connections and building your social support network.
2. Avoiding the tendency to view crises as insurmountable challenges.
3. Accepting that change is a natural and unavoidable part of life.
4. Moving towards your realistic goals.
5. Taking decisive actions that will help you face your challenges.
7. Nurturing a positive view of yourself and your abilities.
8. Keeping things in perspective and in context.
9. Maintaining a hopeful outlook on life.
10. Taking care of yourself.

Four Themes of Resilience training:
- Resilient Thinking
- Effective Relationships
- Managing Emotions
- Building on Strengths