1. Make connections and build your social support network.

2. Avoid the tendency to view crises as insurmountable challenges.

3. Accept that change is a natural and unavoidable part of life.

4. Move towards your realistic goals.

5. Take decisive action that will help you face your challenges.


7. Nurture a positive view of yourself and your abilities.

8. Keep things in perspective and in context.

9. Maintain a hopeful outlook on life.

10. Take care of yourself.

Four Themes of Resilience training:

Resilient Thinking    Effective Relationships    Managing Emotions    Building on Strengths