Fostering Resilience In Difficult Times

Resilience involves confronting difficult situations without becoming overwhelmed by them. Being resilient can help protect you from depression, stress, and anxiety. It can be fostered in the following ways:

- **Maintain strong connections with family and friends**
- **Avoid viewing problems as insurmountable**
- **Accept that change is a part of living**
- **Keep a long-term perspective and hopeful outlook**
- **Take care of your physical and mental health**