

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

