



## 4 ways to build resilience

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- 1. Get connected.** Having strong relationships, for many, is the most important factor in resiliency. Know who you can turn to when you need help or advice.
- 2. Take care of yourself** — mentally, physically and spiritually. Do things that help you relax. Eat well, sleep enough and exercise.
- 3. Quiet your mind.** Coloring can help you relax by focusing your mind in the moment. It reduces stress and increases mental clarity.
- 4. Look beyond the moment.** During bad times, remind yourself that you will get through this.

**Real people. Real life. Real solutions.**  
Discover how mindfulness leads to resilience.

Sources:

National Institute of Mental Health. What is post-traumatic stress disorder, or PTSD? Accessed: August 4, 2016.

Womenshealth.gov. Stress and your health fact sheet. Accessed: August 4, 2016.

American Psychological Association. The road to resiliency. Accessed: August 4, 2016.

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