**BUILDING RESILIENCE**

**RESILIENCE** is our ability to thrive, adapt, and cope despite tough and stressful times.

Resilience is built through *intentional activities that promote**

**CONNECTION** to:

**OTHERS:****
- Developing supportive, healthy relationships and a sense of belonging
- Being involved in clubs, groups or other team efforts
- Volunteering or service

**SELF:**
- Identifying and exploring strengths, interests, hobbies, career, culture
- Discovering belief in self through trying new things
- Developing a sense of purpose
- Exploring physical activities

**COPING SKILLS:**
- Learning how to care for self and others
- Practicing and using effective skills that promote healthy living
- Asking for help when needed

*Intentional: Choosing activities based on the needs, interests and/or strengths of the individual.*
Resilience-building activities do not have to cost money! Simple examples include:

• Conversations during a meal or car ride
• Exercising together
• Talking about movies, books or other interests
• Exploring in nature

**REFLECT:**

Reflect on resilience-building activities that you can do to promote your **CONNECTION** to **OTHERS, SELF, AND COPING SKILLS**.

Resilience-building activities to promote connection to **OTHERS**:

Resilience-building activities to promote connection to **SELF**:

Resilience-building activities to promote connection to **COPING SKILLS**:

**CHALLENGE:**

Share about the resilience-building activities you identified with someone you trust.
Are there resilience-building activities they can do with you?
Do they have any resilience-building activities to add?