Thriving in Times of Adversity

10 Ways to Build Resilience

1. Make connections.
2. Avoid seeing crises as insurmountable problems.
3. Accept that change is a part of living.
4. Move toward your goals.
5. Take decisive actions.
7. Nurture a positive view of yourself.
8. Keep things in perspective.
9. Maintain a hopeful outlook.
10. Take care of yourself.

*The Road to Resilience (2010), American Psychological Association*

2 More Ways to Build Resilience

From Gabrielle

11. Have fun.
12. When stress happens, offset it with people and activities that bring you joy! 😊
Resilience

Resilience is the ability to return to the original state after being stretched or bent. In organizations, it is the ability to recover from adversity. Characteristics of resilient people:

- Positive
- Self-Aware
- Focused
- Accepting
- Flexible
- Reflective
- Organized
- Incomparable
- Proactive
- Team-Focused