

REFLECT

Journal to identify coping skills that were effective in the past. Find meaning in this event and purpose in your role in it.

CULTIVATE GRATITUDE

Savor small positive experiences. Identify 5 things for which you're grateful daily.

CONNECT

Invest meaningfully in your relationships. Practice vulnerability and seek support from trustworthy and compassionate individuals.

PRACTICE MINDFULNESS

Do what centers you. Breathe, meditate, get outside, use your 5 senses to ground yourself. Be aware of unhelpful thought patterns. Redirect rumination to problem solving.

LIVE YOUR VALUES

Remind yourself what is truly important to you, and let that guide your actions. What is one small way you can live your values today?

HOPE

Cultivate optimism. Accept change, be flexible, and remember struggles are transient.

ENGAGE IN SELF CARE

Check in with yourself. Are you getting your basic needs met? Do one pleasurable activity every day.

FORGIVE

Be generous with yourself and others. Mistakes present opportunities for growth, self-discovery, and learning. Be realistic with your expectations.

GROWING RESILIENCE

8 Tips to Weather Harsh Seasons

Research indicates that stressors and adverse life events pose challenges for many people's mental health. Resilience is a set of traits and skills individuals use to adapt and even thrive during adversity. Growth mindset suggests that with practice, people can grow in resilience. Here are 8 evidence-based methods to improve your coping strategies now.