

During a personal crisis, some people are more capable of bouncing back than others. That's due to their resilience. Resilience is about more than coping; it's about confronting crises without being overwhelmed.

Resilient people are better able to handle life's stressors and adapt to changing situations. You can develop resilience by improving self-esteem, cultivating a strong system of social support and taking care of your physical and mental health. Here are some other tips for resilience in the face of crisis:

## **Maintain Strong Connections with Family and Friends**

- Having strong, positive relationships provides support that can help you weather tough times.

## **Avoid Viewing Problems as Insurmountable**

- Learn from past experiences and be confident that you will get through current ones, too.

## **Accept That Change is Part of Living**

- Accepting change makes it easier to move forward with your life.

## **Keep a Long-term Perspective and Hopeful Outlook**

- Set goals for yourself so that you have a direction for your future.

## **Take Care of Your Physical and Mental Health**

- It's especially important when you are feeling stressed to continue to eat a healthy diet and get adequate sleep and regular exercise

## **Resources**

- Compsych Guidance Resources: [www.guidanceresources.com](http://www.guidanceresources.com)
- SAMHSA's National Mental Health Information Center: [www.samhsa.gov](http://www.samhsa.gov)
- National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)
- The American Academy of Experts in Traumatic Stress: [www.aaets.org](http://www.aaets.org)