

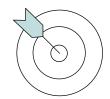
- 1. Make connections and build your social support network.
- 2. Avoid the tendency to view crises as insurmountable challenges.





- 3. Accep that change is a natural and unavoidable part of life.
- **4.** Move towards your realistic goals.
- **5.** Take decisive action that will help you face your challenges.



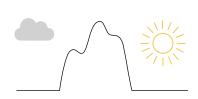




- 6. Look for opportunities that promote self-discovery.
- 7. Nurture a positive view of yourself and your abilities.
- 8. Keep things in perspective and in context.







- 9. Maintain a hopeful
- outlook on life.







Four Themes of Resilience training:

Resilient Thinking















