

# 10 Tips to Build Your Resilience

Take a break from a frustrating problem by setting a timer

Reach out to someone you trust to talk about your feelings

Remove "I can't" and "I'll never" from your vocabulary

Notice how stress feels in your body and practice mindfulness

Keep the bigger goal in mind if you feel like giving up

Take a break from a frustrating problem by setting a timer

Ask for help if you feel overwhelmed

1. Remind yourself of your talents and positive traits

Problem: Set a timer for 10-15 minutes and then come back to

Allow yourself to be proud of the effort you are putting in

Maintain healthy boundaries with yourself and others

## Remember...

**RESILIENCE** is a **SKILL** that you can **PRACTICE**