



music



Resilience

- Process of coping with adversity
- Bouncing back from difficulties



Resilient Qualities

- Having supportive relationships
- Being adaptable
- Being flexible
- Knowing your strengths
- Having a positive view

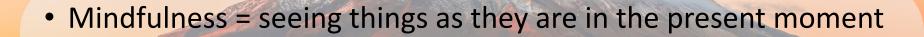


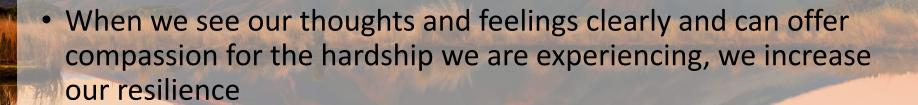
How to Build Resiliency

- Maintain a sense of perspective
- Accept change
- Take action
- Anticipate challenges
- Learn how to calm yourself
- Recognize that you always have a choice
- Laugh



Resiliency and Mindful Meditation

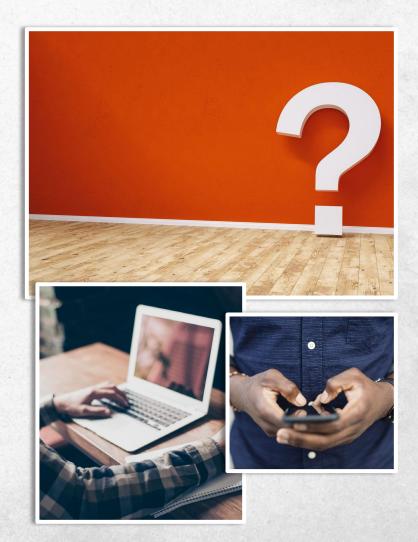








Questions? Contact Us!



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