



Bounce Back!

Sometimes the road of life can be bumpy. Health issues, work, or financial problems can significantly impact your life, and we all react to stress in different ways. The key to staying resilient? Spend less energy on the things you can't change and more energy on the things you can be proactive about.

Practice resiliency with these tips:

- **Recognize the emotions you are going through.** Share those feelings with other people who can support you. Developing key relationships can support your resilience.
- **Take care of yourself.** Pay attention to your needs. Plan simple activities that engage you, such as meditation, exercise, laughter with friends.
- **Make plans B and C.** In the face of hard times, thinking positively about the future, even if it's hour-by-hour or day-to-day, can help you maintain a positive outlook.

Strength. Determination. Perseverance.