

# RESILIENCE IN YOU

## Bouncing back after taking a hit!

### Purpose

Purpose is the “why” behind what we do. One small step you can take toward accessing your purpose is to start a list of things that you enjoy, things that seem to nurture you. The things you enjoy could be things that are meaningful.

### Habits

Come up with something healthy you'd like to increase and make it into a challenge. Reach out to someone who would enjoy a little healthy competition.

### Relationship

Text or email someone you haven't talked to for a while who lifts your spirits, makes you laugh, or reminds you of your better self. Tell them you're thinking about them and would love to have coffee, lunch or phone date soon.

### Beliefs

Shifting our mindset from cynicism and hopelessness to possibility and exploration. One small step you can take in this arena is to list three or more examples of resilience in your own life—with at least one being a personal story of resilience.

The truth is, we need to balance anger, mourning, and disappointment with a sense of hope, faith, and purpose.