

## **Five Things Resilient People Do:**

- 1. Resilient people take care of themselves.** They get enough rest. They don't over-do. They set boundaries and say no.
- 2. Resilient people acknowledge and deal with emotions.** They don't stuff; they don't over-emote. They have a wide range of strategies to address emotions.
- 3. Resilient people are solution focused.** They are creative and look for alternate solutions, particularly during stressful and challenging times. If they feel stuck, they look for a way out.
- 4. Resilient people deal with conflict early.** They don't let it build up. They have strategies to engage in difficult conversations with others.
- 5. Lastly, resilient people are self-compassionate and avoid self-judgment.** They don't motivate themselves with harsh words, criticism or a perfectionistic attitude. They accept failures and move on.