

# 7 WAYS YOU'RE ALREADY RESILIENT

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Did you know that you're resilient? Yes, you! Even if you don't feel like it some days! Below are some of the ways you may already be demonstrating your resilience.

## 01 YOU'RE SELF AWARE

Cultivating self-awareness and practicing mindfulness, even in small doses, supports your resilient nature. Be aware of signs of stress in your body and utilize simple, easy ways to calm your nervous system, such as breathing techniques or body scans.

## 02 YOU HAVE A SENSE OF HUMOR

Seeing the humorous side of things and being able to identify sources of humor or joy despite tough times has many benefits. Laughter doesn't just lighten your mental load; it actually causes physical changes in your body by stimulating endorphins, activating your stress response, and soothing tension. So go ahead... laugh!

## 03 YOU RECOGNIZE YOUR PAST SUCCESSSES & STRENGTHS

Identifying your successes, no matter how great or small, and the strengths and skills you used to be successful are all signs of being resilient. Think of a time when you were able to overcome a major challenge in life. What did you learn about yourself? What personal strengths did you draw upon?

## 04 YOU VIEW CHANGE AS AN OPPORTUNITY

Challenges and changes can be opportunities for learning and growth. Change is inevitable in life. A resilient mindset recognizes that while the situation might be hard and uncomfortable, it can also bring about opportunities for incredible new things.

## 05 YOU TAKE TIME TO UNPLUG, REST & RECOVER

When we're super stressed it can be easy to fall into a pattern of go-go-go until we feel like we've made progress on whatever the situation is. But taking the time to pause, unplug, rest, and recover can be incredibly beneficial, and can help you tackle the situation with fresh energy. A little self-care goes a long ways.

## 06 YOU HAVE HEALTHY COPING STRATEGIES

How do you unwind and destress? If you gravitate toward habits that promote well-being, such as connecting with friends, exercising, journaling, getting enough sleep, or engaging in hobbies, you're practicing resilience.

## 07 YOU USE EMOTIONALLY RESILIENT STATEMENTS TO HELP YOURSELF GET THROUGH

Reminding yourself of what you're grateful for, focusing on what you can control, and telling yourself simple reminders to help you get through are all ways of being resilient. Examples of emotionally resilient phrases you may use include:

- "I can get through this."
- "This, too, shall pass."
- "I'm letting this go."
- "I'm grateful for what this experience is teaching me."

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If any of these methods resonate with you, take a moment to appreciate your own strengths. What other ways are you showing your resilience? You're more resilient than you think and that's something to celebrate.