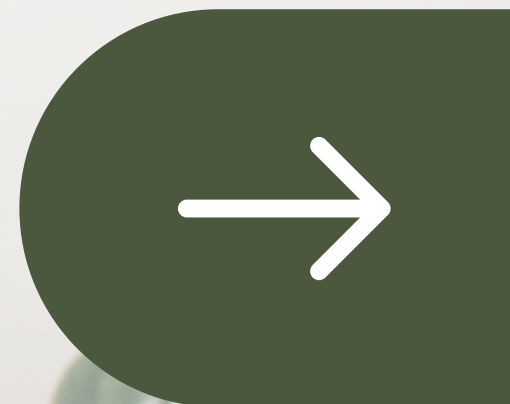




# TIPS FOR IMPROVING EMOTIONAL RESILIENCE



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01

Know that there will be trials in life, but if you can outlast the negative forces & negative people, you will win!

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Manage any negative self-talk. Try not to beat yourself down. You did the best you could with what you had. Just purpose to become better everyday.

**02**

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03

Remember to take care of you! Move your body, eat well, and get enough sleep to maintain physical and mental well-being.

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**04**

Build meaningful  
and positive  
relationships with  
others that can  
support you in  
your times of pain.

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Strengthen your  
faith and trust that  
God has a good  
plan for your life.  
Trust that He knows  
what he's doing.

05

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06

Have a moral compass and a sense of purpose as to where you are trying to go in life. God's guidance always helps us to find that clear pathway.

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