

Nefertiti's Top 5 Favorite Resilience-Building Strategies for



ADULTS

#1

GROW IN GRATITUDE

Take a few minutes each day to generate a mental or written list of two or three things that you are grateful for.

#2

MAKE TIME FOR A HOBBY

It is okay to take a little time for yourself every now and then.

#3

SPEND TIME WITH PEOPLE THAT BRING YOU JOY

Make time for fun and laughter and remember even a simple coffee date can be special because you are doing it with those you love!

#4

DO, DELEGATE AND STOP

There are many things in life we want to do, but there are only 24 hours in a day. Remember that you don't have to do everything. Some tasks can be delegated, some can be shared and others can wait.

#5

REST

Remember that the best bridge between despair and hope is often a good night's sleep. Without enough sleep, it is difficult to effectively deal with the stresses of daily living and this will directly impact our ability to be resilient.

Source: *Building Your Bounce: Simple Strategies for a Resilient You* Adult Resilience Journal
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