

resilience

resilience

the process of adapting
well in the face of adversity
trauma, or significant sources
of stress

via the APA

resilience

is a **mindset** that

↓
can be
taught

↓
changes
over time

↓
is in our
control



resilience

```
graph TD; A[resilience] --- B[nurture a positive view of yourself]; A --- C[move towards your goals]; A --- D[make connections]; A --- E[accept that change is a part of life]; A --- F[take decisive action]
```

nurture a
positive view
of yourself

move towards
your goals

Make
connections

accept that
change is a
part of life

take
decisive
action



the end

THANKS FRIENDS