

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

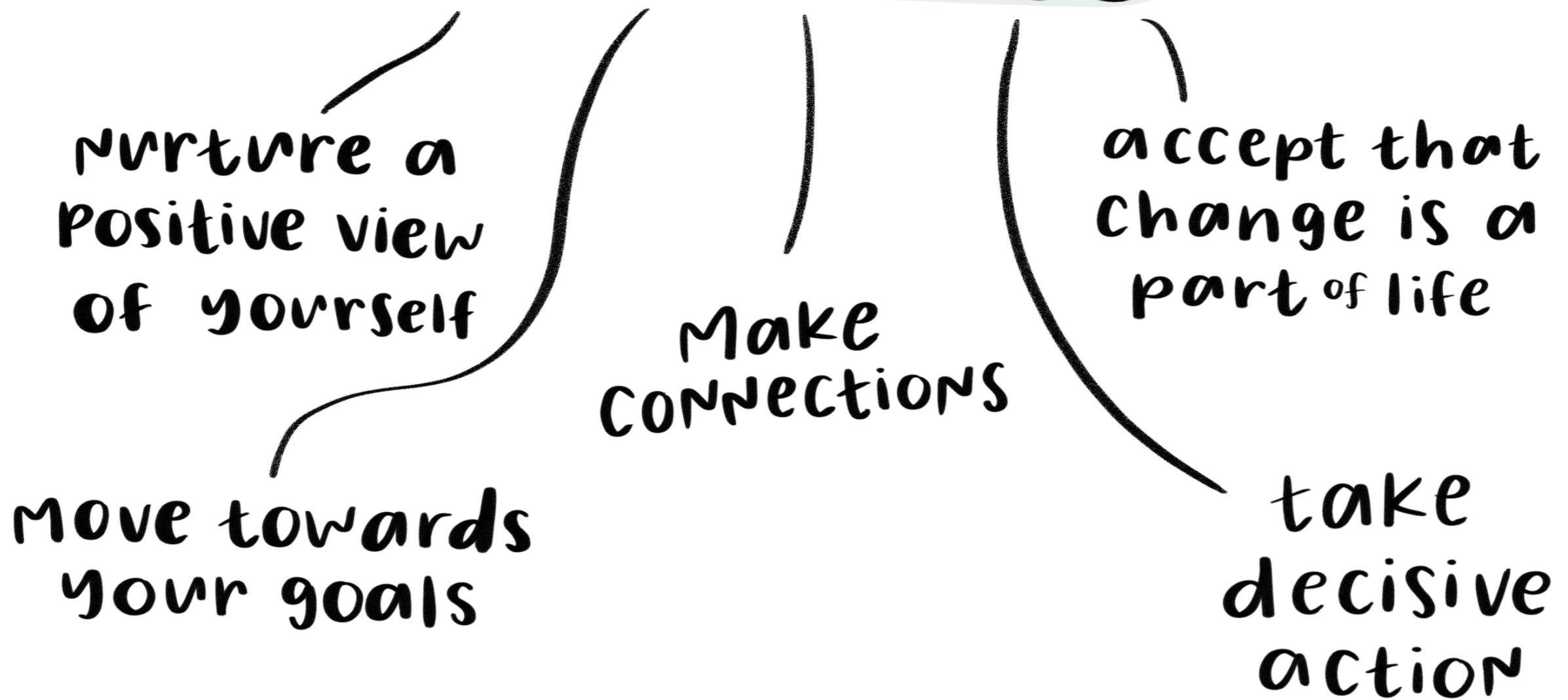
can be  
taught

changes  
over time

is in our  
control



# resilience





the end

THANKS FRIENDS