

12 Resilience Tips for the Holidays

What is Resilience? Resilience is the ability to bounce back and recover after life's inevitable setbacks, hardships, and stressors.

1. Connect with others (virtual, phone, send a card, etc.)
 2. Tell someone why you are thankful for them
 3. Be kind to someone else
 4. Move your body
 5. Go outside with a pet or a friend
6. Take a picture of something that makes you happy
 7. Get a good night's sleep (or take a nap)
 8. Take a few deep breaths
 9. Listen to your favorite song
 10. Read a book or an article
11. Do something creative (decorate, cooking, journal, etc.)
 12. Name one thing you are grateful for

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