

**Lindquist Psychological**  
554 Washington Ave, Suite 2,  
Carnegie, PA 15106  
(412)-223-7359

## Tips for Resilience

- 1) Develop a core set of beliefs
- 2) Try to find meaning in whatever stressful or difficult
- 3) Try to maintain a positive outlook
- 4) Take cues from someone who is especially resilient
- 5) Don't run away from the things that scare you: face them
- 6) Be quick to reach out for support when things go wrong
- 7) Learn new things whenever you have the opportunity
- 8) Find a healthy exercise routine that works for you
- 9) Don't beat yourself up or dwell on the past – practice self-compassion
- 10) Recognize what makes you uniquely strong – feel proud and own it