

# BUILDING MENTAL RESILIENCE

*Small habits can help you  
handle big challenges.*

Resilience is the ability to adapt, recover, and keep moving forward through stress, setbacks, and life changes.



## 5 CORE COMPONENTS OF RESILIENCE



### EMOTIONAL AWARENESS

Notice and  
name what  
you feel.



### FLEXIBLE THINKING

Challenge negative  
assumptions and look  
for a constructive  
perspective.



### SOCIAL CONNECTION

Stay connected  
to supportive  
people.



### PURPOSE AND MEANING

Remember what  
matters most  
to you.



### SELF-CARE FOUNDATION

Sleep, nutrition,  
movement, and rest  
support resilience.

## PRACTICES THAT BUILD RESILIENCE



### OPTIMISTIC REALISM

Acknowledge the challenge and  
believe you can handle it.



### GROW THROUGH DIFFICULTY

Ask what you can learn from  
the experience.



### ADAPTIVE COPING

Use the right strategy for the situation.



### RECOVERY ROUTINES

Build in breaks, reflection, and reset time.

## TRY THIS TODAY

1



Pause and name  
your emotion.

2



Reframe one  
unhelpful thought.

3



Reach out to  
someone you trust.

4



Protect time for  
sleep, movement,  
or a short reset.

## DURING LIFE TRANSITIONS



Keep a few  
steady routines.



Be patient  
with yourself.



Ask for support  
when needed.



Build new structure  
one step at a time.



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Resource: Ulliance – Building Mental Resilience.



# RESET. RECHARGE. RISE STRONGER.