

10 Practices to Develop Resilience



Take decisive action that will help you face your challenges.



Accept that change is a natural and unavoidable part of life.



Avoid the tendency to view crises as an unbeatable challenge.



Nurture a positive view of yourself and your abilities.



Make connections and build your social network.



Look for opportunities that boost introspection.



Take care of your mental and physical health.



Maintain life in perspective and in context.



Move towards your realistic goals.



Keep a cheerful outlook on life.



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