

BOUNCING BACK FROM STRUGGLES

Resiliency is a skill set that is developed in early childhood that can make bouncing back a little easier, however there are some tips and tricks to help give you a jumpstart

DON'T COMPARE

Don't compare yourself to how others seem to be doing. People like to share the highlights of their lives and focusing on that while you are struggling will only prolong your comeback

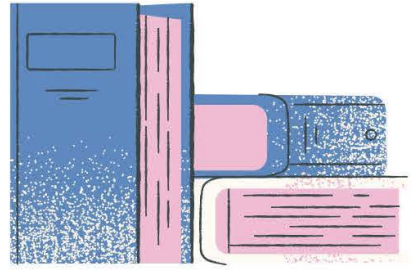


BE KIND TO YOURSELF

Try to opt for positive self-talk. Don't allow your inner thoughts to beat you up over your current predicament. Assess what parts you are truly responsible for and think as if you are giving advice to a friend.

RE-FOCUS AND CREATE PLANS

Feeling like you're stuck in a sinkhole? Try filling the hole with concrete plans for the future. Writing down these plans helps motivate you to get back on the track of recovery!



DON'T TACKLE IT ALL AT ONCE

Spend time assessing the damage and then tackle each aspect separately. Taking on too much could make you feel overwhelmed and cause more stress.

PUT OTHERS ON HOLD

Your feelings are valid. There is no set time that you should be "back to normal". Make yourself your main priority and put nonsupportive people on the back burner.

