

# What is Resiliency?

The process of adapting well in the face of adversity, trauma, tragedy, or sources of stress.

**There are four key components:**



## **RELATIONSHIPS**

- Maintain interconnectedness and build on your current relationships
- Be present, share your vulnerabilities and actively listen to friends and family



## **GRATITUDE**

- Daily practise of gratitude journaling (two minutes of writing affirmations in the morning and evening) can reduce feelings of isolation, strengthen ones immune system, and bring on feelings of positivity and joy



## **SELF-CARE**

- Practice self-care that is:
  - o meaningful to you
  - o culturally-relevant
  - o restorative



## **PRACTISE SELF-COMPASSION**

- Try and be aware of stress, tension and other heightened emotions
- Think about how you're feeling and why. Be kind to yourself and remember that it's ok to feel what you feel