

Tips for Developing and Maintaining Resiliency

“Self-compassion is simply giving the same kindness to ourselves that we would give to others.”

– Christopher Germer

1. Balance out the negative with the positive, focus on hope and strengths.
2. Stay connected. Maintain strong growth fostering relationships in and out of work.
3. Remember that it may take a thousand acts of kindness, before things change.
4. Find ways to create change. Focus on what you can do.
5. Engage in advocacy and activism.
6. Consider your own trauma history.
7. If you have any unresolved trauma, find professional help and counseling.
8. Touch base frequently with that which inspires you.
9. Don't be complacent, age and or experience levels do not make you immune. They simply change how you may be affected.