

EMOTIONAL RESILIENCE: CAN IT BE TAUGHT?



Emotional Resilience

The ability to adapt to stressful situations or crises is referred to as emotional resilience. More resilient people can "roll with the punches" and adapt to adversity without lasting difficulties; less resilient people struggle with stress and major and minor life changes.



Steps to Develop Emotional Resilience:



- Set boundaries
- Practice acceptance
- Connect with others
- Find balance in your life
- Develop your self-awareness
- Allow yourself & others to be imperfect
- Notice your warning signs
- Practice self-care
- Keep things in perspective
- Be positive
- Express Yourself