

6 Healthy Coping Skills That Make You Resilient

Know and Share Your Feelings



It's important to identify your emotions; they can sneak up on you. Once you figure out what you're feeling, find a way to express it that feels right—whether that's talking it out, writing, or getting some fresh air.



Stay Active and Rest

Exercise isn't just good for your body; it's great for your mood and stress levels. Make sure to balance that with enough relaxation and activities you enjoy, helping you stay sharp and ready to face challenges.



Develop a Support Network

Create a circle of friends or family who support you. These relationships can provide both emotional and practical help, making it easier to deal with tough times.



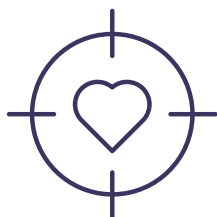
Practice Positive Thinking

Focus on the positives in your life. This isn't about ignoring problems but about approaching them in a way that emphasizes solutions and growth. Encourage yourself with thoughts that build confidence.



Set Achievable Goals

Effective goal setting means finding a balance. Don't aim too low or too high. Break your main goals into smaller, realistic steps to gradually build your sense of accomplishment.



Find Purpose in What You Do

Having a clear sense of purpose can motivate you to push through obstacles. Link your daily activities to your larger goals to give your efforts direction and meaning.