

# BUILDING RESILIENCE AND MENTAL STRENGTH

01



Resilience is the ability to adapt, bounce back, and recover from adversity, trauma, or significant life challenges

02



Building resilience involves developing a positive mindset, focusing on strengths, and cultivating optimism even in challenging situations.

03



Resilience can be nurtured through self-care practices. You can exercise, get enough sleep, healthy eating, and engage in activities that bring joy and relaxation.

04



Building a strong support system with friends, family, or support groups can enhance resilience by providing emotional support, understanding, and encouragement.

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