



Resiliency

Resilience is the process of *adapting well* in the face of adversity, trauma, tragedy, threats or significant sources of stress. It means "*bouncing back*" from difficult experiences.

Resilience is not a trait that people either have or do not have. It involves *behaviors, thoughts and actions that can be learned and developed in anyone*.

Ways to Build Resiliency

- Make Connections
- Avoid seeing crises as insurmountable problems
- Accept that change is a part of living
- Move toward your goals
- Take decisive actions
- Look for opportunities for self-discovery
- Nurture a positive view of yourself
- Focus on your strengths
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself

**Source: APA <https://www.apa.org/topics/resilience>*

Often, how we overcame challenges in the past can give us the greatest insight into how to overcome what we are currently facing.

Learn **more strategies for taking care of yourself** on the JMU Counseling Center's website:



<https://www.jmu.edu/counselingctr/self-help/self-care/index.shtml>

Learn more about **how to connect to community mental health resources**:



<https://www.jmu.edu/counselingctr/resources/community-referral.shtml>