WAYS TO BUILD RESILIENCE

1. Take Care of Emotional and Physical Health
2. Stay Energized and Well-rested
3. Find a Spiritual Center or Purpose
4. Practice Introspection
5. Engage with Community
6. Maintain a Work/Life Balance
7. Show Yourself Compassion
8. Celebrate Accomplishments
9. Show Yourself Compassion
10. Practice Introspection
11. Engage with Community
12. Maintain a Work/Life Balance
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Center for Development of Security Excellence