

# The Road to Resilience

In times of stress or crisis, we have a choice.  
Learn to face your fears and become resilient.



## Create a Resilient Lifestyle

*"I can be changed by what happens to me, but I refuse to be reduced by it."*  
Maya Angelou



### Take Care of Yourself

Practice good nutrition, and get adequate sleep, hydration and exercise.



### Reflect Regularly

Regularly reflect on things for which you are grateful.



### Practice Spirituality

Practicing spirituality reduces stress and increases health and wellness.



### Connect with Others

Connecting with others creates a support system.



### Care for Others

Caring for others improves your mental health and emotional well-being.

Just as we choose how we think, we also make lifestyle choices.

