



Make resilience a ritual.

Life doesn't come with a map.

There are twists and turns – some good, some bad. Resilience is about finding inner strength, knowing how to deal with the bad and bouncing back better. And it's a skill that everyone can improve upon.

Whether it's signing up for a cooking class, joining a book club or planning a vacation, find something that will put a bright spot on your horizon. It's nice to have something to look forward to.

Here are four ways to build resilience.



Strengthen connections

Friends and family are big resilience builders. Set up a weekly coffee date or video call and stay committed to it. Having a close network to lean on in times of need is key.



Give back

Whether it's volunteering in your community or taking part in a fundraiser, helping others helps ground you and gives you a sense of purpose.*



Nurture number one

Eat well, hydrate, move your body and get plenty of sleep. You need to properly care for your body to help it better manage stress.



Stay positive

Focus on desired outcomes versus negative results, and know that life is full of phases and changes.

*Cigna. "Building Resilience." <https://www.cigna.com/individuals-families/health-wellness/hw/medical-topics/building-resilienceabk9962>. Page last reviewed August 31, 2020.

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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