



EVERYDAY STRONG

Resilience a little low?

Build your emotional resilience

Everyone reacts to stress differently. There's no magic spell to make it disappear but there are things you can do to handle it better.

Here are some simple ways you can improve your resilience:

- **Challenge negative thoughts** – Identify your negative thoughts and look for the positives in stressful situations.
- **Sleep better** – Relax and wind down before bed with a book, meditation or a nice bath. Try to avoid screens for an hour before you go to bed.
- **Exercise** – You don't have to go to the gym, you just need to get moving!
- **Be grateful** – Find little things you're thankful for each day or tell a friend how much you appreciate them.
- **Make time for you** – Take time to do things you love or try something new.

Learn more about how to deal with stress. Go to healthpartners.com/resilience.