

Search for Meaning

Find Positive Meaning

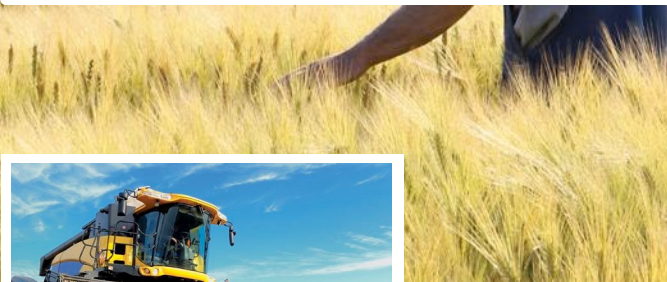
You want a meaningful life which can bring you inner peace during difficult and stressful times. Search for positive meaning in a crisis or challenging situation you have experienced.

Learn About Yourself

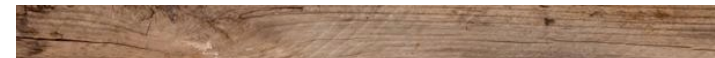
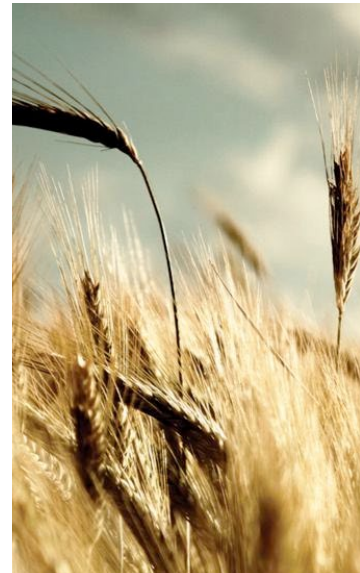
Think about a stressful experience. What did you do to deal with it? Pay attention to what worked well, and what you would like to improve.

Look for Personal Growth

Our struggles with problems and adversity often give us positive growth. Look for changes such as renewed appreciation for life, closer relationships, deeper spirituality, and a greater perception of inner strength.



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Act With Purpose

Make a Plan

Begin by clearly identifying the problem and brainstorming solutions. Then evaluate and choose the best options and create an action plan.

Move toward Goals

It's not enough to have a plan. You need to take decisive steps to solve the problem and reach your goals. Avoid focusing on tasks that are unachievable.

Engage in Active Coping

A crisis will bring out strong emotions. You can cope with this in many ways, such as talking to someone you trust or writing your thoughts and feelings in a journal.

Foster Hope

Focus On The Positive

A positive and optimistic outlook gives you the needed energy to face difficult situations directly. Instead of expecting continued negatives, look for positives. Visualize a future in which things are going well.

Have Confidence in Yourself

You've overcome problems before and you've seen other people do so successfully too. Recognize that you have the ability to learn and use Resilience Skills to deal more effectively with stressful circumstances.

Put Things in Perspective

Put your current problems into context and maintain a long-term perspective. Change is a natural part of life. Avoid seeing crisis as problems that are too big to change. Notice small improvements in yourself and in the situation over time.

Connect With Others

Maintain Relations

Close, positive relationships with family and friends are a buffer against stress. Share your thoughts and feelings with someone you can trust to listen without trying to "fix it". Draw comfort and strength from the support of others.

Give and Receive Help

People come together in times of crisis. Accept the help that is offered to you. Do what you can to help others and serve your community. You are important and remember: helping others benefits you and the helper.

Spend Time with Others

Come together with people who share your interests and beliefs. Being active in civic groups, faith-based organizations, or other local groups provide social support and can help with reclaiming hope.

Take Care of Yourself

Take Time to Relax

It's easy to feel guilty for taking time to relax. But, relaxing activities not only provide a restful break, they also help you enjoy life.

Take Care of Your Body

When your body is working right, the rest of you feels well and you are better able to face difficult challenges. Healthy habits in addition to good hygiene will help protect you from a variety of illnesses.

Nurture Your Spirituality

What is important to you? How can you make a difference in the world? Find activities that bring clarity of purpose and a sense of connection, such as meditation, religious practices, or spending time in nature.

