

Tips to build resilience

When you're resilient, it's easier to bounce back from challenges and setbacks. Resilience won't make problems go away, but it can make it easier to cope with stress. Try these tips to boost your resilience:¹



Get connected.

Build strong, healthy relationships with others.



Take care of yourself.

Get enough sleep, eat a healthy diet, exercise, participate in an activity you enjoy and practice relaxation techniques.



Learn from the past.

Recall and use the coping skills that have helped in the past.



Take action.

Don't ignore and avoid problems. Figure out what you need, make a plan and move forward.

Make each day meaningful.

Do something each day that gives you a sense of success and purpose.



Stay hopeful.

Be open to change and look ahead to good things in the future.



Reach out for help.

Recognizing when you need help and reaching out is a sign of self-awareness and strength.



¹Resilience: Build skills to endure hardship. Available at: [Mayoclinic.org](https://www.mayoclinic.org). Accessed February 2026.