

RESILIENCE IN FOCUS

GROWTH IN THE AFTERMATH: THRIVING BEYOND ADVERSITY

It is inevitable that as humans, we will face adversity. To find opportunities to thrive beyond hardship, use the power of your thoughts along with evidence-based skills.

Notice the life experiences that you are interpreting as negative, stressful or challenging.

Use questions to prompt your brain to think about alternative perspectives.

Focus on the growth, learning and strength you can gain from this experience.



**DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS**

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