



SEPTEMBER 2021

Creating Resilience



“Embrace those around us with compassion and empathy.”

“Meditate to practice being present and in the moment of any situation.”

“Feel positive and project it outwardly.”



“Physical exercise and recovery allows our body to have improved response to stress.”

(Walking, running, strength training, stretching, yoga, sleep)

“Purpose to focus our energy and attention towards.”

Looking to enhance your own personal resilience and better adapt to change: www.apa.org/topics/resilience