

# Building Emotional Resilience

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## Practice Gratitude Daily

**How to:** Write down 3 things you're grateful for each morning or before bed.

**Why it works:** Shifts your mindset toward positivity, which builds mental strength over time.

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## Reframe Challenges

**How to:** When something goes wrong, ask: "What can I learn from this?"



**Why it works:** Focus on what you can control instead of what you can't.

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## Keep a Reflection Journal

**How to:** Spend 5 minutes a day writing about your feelings and experiences.

**Why it works:** Increases self-awareness, which helps you respond to stress effectively.

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## Build Your Support Network

**How to:** Stay connected with friends, family, or coworkers who uplift you.

**Why it works:** Reach out when you need advice or just to talk.

**Why it works:** Self-kindness reduces stress and helps you bounce back from challenges with con-