

## TEN WAYS TO PROMOTE RESILIENCE IN THOSE AROUND YOU →

- / 1 GIVE AND RECEIVE: NURTURE POSITIVE INTERACTIONS AND STRONG RELATIONSHIPS**
- / 2 CELEBRATE DIVERSITY**
- / 3 BECOME AWARE OF YOUR EMOTIONS AND HOW TO EXPRESS FEELINGS**
- / 4 GIVE PEOPLE A CHANCE TO FIX MISTAKES**
- / 5 ASK FOR HELP**
- / 6 PROMOTE A SENSE OF BELONGING AND MATTERING IN OTHERS**
- / 7 CREATE SAFE SPACES WHERE UNCOMFORTABLE THINGS CAN BE TALKED ABOUT**
- / 8 GIVE YOURSELF PERMISSION TO TAKE A BREAK WHEN YOU NEED ONE**
- / 9 TALK ABOUT COPING STRATEGIES**
- / 10 BE OPEN, ACCEPTING AND NON-JUDGMENTAL**