Building resilience & coping skills

sata CommHealth

Develop a growth mindset

Accept challenges as opportunities to learn rather than failures to be feared.

Practice self-care

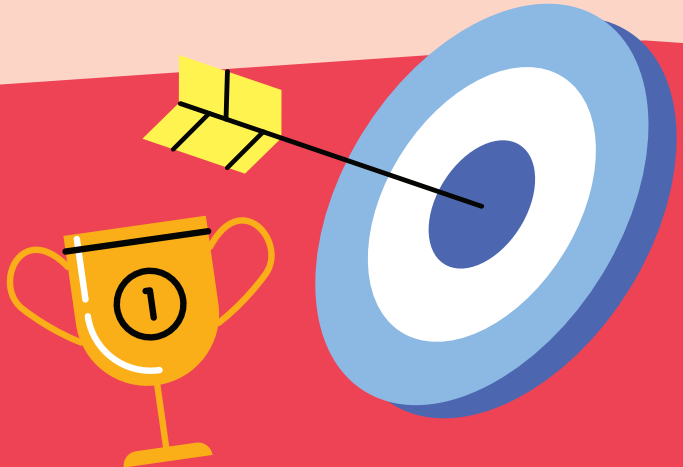
Maintain your physical and mental health as priority, by doing exercises, getting enough sleep and taking regular rest breaks.

Build strong relationships

Spend time with friends and family. Having good social connections can provide positive support to you and help you cope better with life challenges.

Manage emotions

Learn to manage your emotions by not reacting quickly to stressful situations.



Recognize your strengths

Know what you are good at and focus on using them well and regularly.

Ask friends for feedback to help you find out about your strengths.