



# Bolstering My Resilience

- **Stay Physically Fit!** Those who work out often – run, swim, bike, stretch, lift weights and eat right feel better and manage stress well!
- **Having Faith!** Belief and trust in God has been found to be comforting and helpful!
- **Belief in Leadership!** Faith and confidence in leaders and shipmates is beneficial! Knowing that they have your back and that your command will come through under pressure helps...
- **Optimism!** Viewing the world positively, seeing the glass half full and knowing that the future will be good or even better builds resilience!
- **Coping!** Planning for difficulties and doing something positive and helpful for your self and the situation makes a difference!
- **Supports!** Having friends and shipmates to support and validate you, makes a difference! Listen and support your buddies! Talk with and hang out your friends and social network!
- **Knowing What to Expect!** It usually helps to anticipate challenges and to know what to do!

