



Rebounding

- **Make Connections.** Find a positive friend or group or someone who has it together. They can support you.
- **Accept that Change is Part of Living.** Change the things that you can. Some things may change forever- no matter what...
- **Avoid Seeing a Crisis as Impossible or Insurmountable.** All kinds of situations and things happen you may not have been expecting, so find ways to accept, cope, move on or step around or over it!
- **Learn from Mistakes.** Setbacks happen, and missteps occur. See how you can use and benefit from the experience. Do not let the mistake defeat you.
- **Keep Things in Perspective!** Perhaps the one thing is not as awful, or everything is not as big a deal as you think! Reframe your view where you can.
- **Take Action.** Do something positive!
- **Move Towards Your Goals.** Heading in the right direction and accomplishing something, even if it is small, is positive and something to be proud of!
- **Look for Opportunities for Self-Discovery!** Difficulties and troubles usually make you tougher and stronger!
- **Take Care of Yourself.** Exercise, eat well, get plenty of sleep, take time to unwind and nourish your spirit!
- **Forge a Positive View of Yourself!** If you are not ready today, fake it until you are!
- **Maintain a Hopeful Outlook!** Anticipate the best! Visualize what you want!
- **Teach Others.** Share your experiences with building resiliency and rebounding.

Learn the lessons and draw upon the experiences of others that have bounced back and rebounded from difficulties!