

Resilience

Resilience is the ability to bounce back, adapt, and recover after trauma, tragedy, adversity, or significant sources of stress. This could include bouncing back in four different ways:



Emotional



Mental



Physical



Spiritual

Our capacity for resilience may **grow** from managing stressful events.



Building Supports

Reflect on how we can give & receive support from friends, family, & colleagues.



Managing Stress

Spot the signs: Changes to sleeping or eating, and increased tobacco, alcohol, or substance use.¹



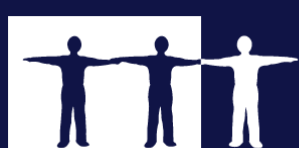
Restoring Balance

Consider what healthy routines look like for you for nutrition, sleep, & physical activity.



Learning Resilience

By adopting a positive growth-mindset our brains may actually adapt with us.



Mood Disorders Society of Canada
La Société Pour Les Troubles de L'Humeur du Canada

mdsc.ca
@MoodDisordersSocietyCanada



1. Mood Disorders Society of Canada (2020). Spot the Signs of Stress
*Note: Always follow your local/provincial public health guidelines.