

Building Resilience Through Difficult Times

Resilience is the ability to adapt and grow through life's challenges. It does not mean avoiding hardship but learning to move forward with strength.

Ways to Build Resilience

- Maintain supportive relationships
- Focus on what you can control
- Practice self-compassion
- Learn from challenges
- Seek meaning in experiences

Resilience grows through daily choices, community support, and hope.



Harmony in
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