TEXAS A&M FNSION

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2020 WORD OF THE YEAR...

"Resilience" **5-Tips to Help You** Maintain it in 2021

"the capacity to recover quickly from difficulties; toughtness"

OUR ABILITY TO BOUNCE BACK FROM ADVERSITY AND COME BACK STRONGER

Accept Change

IN 2020 WE ALL HAD TO ADAPT TO SOMETHING NEW. MANAGE YOUR EXPECTATIONS ALLOW FOR FLEXIBILITY **CONTINUE TO ADAPT**

Keep Things in Perspective 2.

FOCUS ON THE POSITIVES AROUND YOU. **REALIZE SOME THINGS WILL BE OUT OF YOUR CONTROL, YOU CAN'T CHANGE WHAT HAPPENS BUT YOU CAN CHANGE HOW YOU REACT TO IT**

Prioritize Relationships

J.

WE ARE SOCIAL BY NATURE. LEAN ON YOUR SOCIAL NEWORK FOR SUPPORT. INVESTING TIME IN RELATIONSHIPS CAN HELP **FOSTER UNITY**

Take Care of Yourself

DOING NICE THINGS FOR YOURSELF OR **PLANNING ACTIVITIES YOU ENJOY CAN PROMOTE A BETTER MOOD**

Seek Help

IF YOU ARE FINDING IT HARD TO ADJUST, HELP IS AVAILABLE. PROFESSIONALS CAN HELP YOU FIND STRATEGIES TO STAY AFLOAT AND MOVE FORWARD.

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