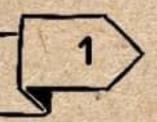
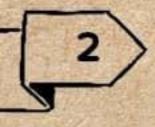
RESILIENCY TIP:

Make note of what you have in your "Coping Toolkit".



First, take a look through our 'Healthy Ways of Coping' and 'Unhealthy Ways of Coping' lists.



Next, use our journal prompt to make note of what Healthy Coping strategies work best for you, and which Unhealthy coping mechanisms you need to avoid.



