

7 Habits of a Highly Resilient Mind



Don't blame yourself for everything. Acknowledge what is within your control to fix—and what isn't. Remember that you're best served if you focus on moving forward.



Reach out. Seek out and surround yourself with supportive people. Anxiety, fear, and loneliness makes stress worse.



Accept help. When you feel overwhelmed, ask for help. Most importantly, don't feel guilty about it! Needing and receiving help is part of the human experience.



Make peace with the past. Take some time to sift through your list of grievances and find some peace. Forgiveness is not about the other person—it's about you. You owe it to yourself to let go and move on.



Make sleep a top priority. Sleep has a huge impact on your mental state and coping abilities. Aim for seven or eight hours of sleep a night and practice good bedtime habits.



Get moving. Whether it's a regular brisk walk, a stretch every hour, or a fitness class, prioritize keeping your body in good shape.



Accept change. It's easy to use up a lot of energy trying to plan and predict things you could never plan or predict. Change is constant—being adaptable is key to living a happier and healthier life.

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