

BUILDING RESILIENCE

BOOST BOTH YOUR PERSONAL AND PROFESSIONAL SUCCESS BY USING THESE HELPFUL TIPS:



BELIEVE IN YOUR FUTURE

We all have victories and challenges. Resilience is the ability to withstand, recover, and grow in the face of stressors and changing demands. Each time you adapt and overcome, you build resilience.



KEEP CHARGING

Refuse to quit, and you can't be defeated. Don't get down on yourself. You were not born to be perfect. Reframe your thinking by replacing every negative thought with two positive thoughts.



MOBILIZE YOUR SUPPORT NETWORK

Lean on those you respect and trust. Often we are the hardest on ourselves. Surround yourself with people who encourage you and remind you how valuable you are.



PRACTICE SELF-CARE

Step away from challenging situations until you can recalibrate and act within your values. Try box breathing, grounding, and progressive muscle relaxation. Try grounding now: Think of five things you can see, four things you can hear, three things you can touch, two things you can smell.



VISUALIZE A BETTER OUTCOME

Picture and focus on the outcome you want to help you work toward it. Do this routinely. Try it now: Name a situation and call out the outcome you want. Now work toward it.



DEVELOP GOOD HABITS

Eat nutritious food, exercise regularly, make sure you get proper sleep, and cultivate a healthy sense of humor to help you look at challenges differently.



SHARPEN YOUR MENTAL AGILITY

Exercise your brain by reading, playing word games, working word and logic puzzles, solving brain teasers, and learning a new skill.



STRENGTHEN YOURSELF

Plan Body, Mind, Spirit, and Social activities, which can overlap, to most effectively navigate challenges and ensure mission success.



DEVELOP UNIT & SOCIAL CONNECTIONS

Actively engage in meaningful conversations and build trust with others. Build and maintain healthy relationships in your personal and professional life.



SET BOLD BUT ACHIEVABLE GOALS

Map out the micro steps needed for success. Push yourself to reach those goals and be flexible; this will build self-confidence.

Prepare for challenges by reaching out to Marine Corps resources, including:

- [Chaplains](#)
- [Community Counseling Program \(CCP\)](#)
- [Family Advocacy Program \(FAP\)](#)
- [Information, Referral, and Relocation \(IR&R\)](#)
- [Marine Corps Family Team Building \(MCFTB\)](#)
- [Marine For Life Network](#)
- [Military and Family Life Counselors \(MFLC's\)](#)
- [Navy Marine Corps Relief Society](#)
- [OSCAR team members \(Operational Stress Control and Readiness\)](#)
- [Personal Financial Management Program](#)
- [Suicide Prevention](#)
- [Transition Readiness Program](#)
- [Substance Assessment and Counseling Program \(SACP\)](#)