



# 10 ways to promote resilience in those around you

**1.** Give and receive: nurture positive interactions and strong relationships

**6.** Promote a sense of belonging and mattering in others

**2.** Celebrate diversity

**7.** Create safe spaces where uncomfortable things can be talked about

**3.** Become aware of your emotions and how you express your feelings

**8.** Give yourself permission to take a break when you need one

**4.** Give people a chance to fix mistakes

**9.** Talk about coping strategies

**5.** Ask for help

**10.** Be open, accepting and non-judgmental