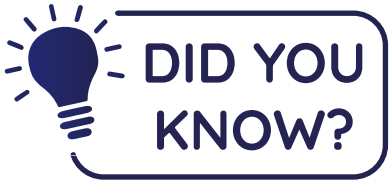
# NAVIGATING LIFE TRANSITIONS PROGRAM

## Week 6: Coping Strategies and Building Resilience

**Resilience is built, not born. Learn strategies to stay strong and adaptable in the face of change.**




Resilience is a skill you can develop over time. People who actively practice coping strategies, such as mindfulness, social connection, and problem-solving, are better equipped to bounce back from life challenges.

### Reflective Exercise

Write about a time when you successfully coped with a difficult situation. What strategies did you use? How can you apply these strategies to your current or future challenges you may encounter?

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TODAY'S INSPIRATIONAL REFLECTION

***Life doesn't get easier or more forgiving; we get stronger and more resilient.***

— Steve Maraboli