

7 HABITS OF HIGHLY RESILIENT PEOPLE

Resilient people aren't luckier—they make a practice of doing the things that keep them afloat. Take a look at the most common habits, actions, and responses of highly resilient people, and start trying at least one today.

1 **Don't blame yourself for everything.** When life throws a curveball, resilient people don't waste energy beating themselves up. Acknowledge what is within your control to fix—and what isn't. Remember that you're best served if you focus on moving forward.

2 **Reach out.** Seek out and surround yourself with supportive people. Anxiety, fear, and loneliness make stress more debilitating. One study found that among assault survivors, one of the most important predictors of recovery was social support.

3 **Accept help.** Know that there is true strength in admitting you can't handle it all alone. When you feel overwhelmed, delegate. Most importantly, don't feel guilty about it! Needing and receiving help is part of the human experience—and you'll likely have a chance to pay it forward.

4 **Make peace with the past.** Past hurts can take a huge toll on your everyday existence if they are left unprocessed and unresolved. 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.

5 **Make sleep a top priority.** Sleep has a huge impact on our mental state and coping abilities. Aim for seven or eight hours of sleep a night and practice good bedtime habits. As a result, you will tend to experience fewer stress-related physical complaints like high blood pressure, diabetes, and depression.

6 **Get moving.** Resilient people know that they think, behave, and function more effectively when they use their bodies for what they were designed to do: move. Whether it's a regular brisk walk, a stretch every hour, or a fitness class, prioritize keeping your body in good shape.

7 **Accept change.** We often use up a lot of energy trying to plan and predict things we could never plan or predict. Highly resilient people are under no illusion that the world is predictable or within their control. Try to allow things to happen instead of forcing them to happen. Change is constant—and adaptability is key to living a happy and healthy life.

Try meQuilibrium today!

Text COMCAST to 39771 or go to myMeQ.com/comcastnbcu

All Comcast / NBC Universal / Spectacor employees (as well as spouses/domestic partners) can enroll in meQuilibrium at no cost (you do not have to be covered under Comcast benefits).



Texting available in US only

