

## Resilience

Resilience is defined as the ability to bounce back from setbacks. Resilient people learn from tough times and as a result, grow stronger. They see challenges as opportunities and are not likely to give up easily. Every time you get up in the morning and put one foot in front of the other you are resilient. Showing up for work, making goals for yourself, and being dependable demonstrate resilience. Making a plan to improve your current situation is resilience. Everyone has the potential for extraordinary resilience, regardless of their current life situation. And every time you respond with resilience, your resilience grows stronger until you will learn to depend on it.



### Monthly Webinar Series

#### **Involvement and Engagement: Learn how small acts of kindness and a state of flow can change your life.**

***Tuesday, September 19th, 2017 at 12pm Eastern***

Do you ever ask yourself, "What can I DO today to change my life for the better?" Thankfully, research supports that there is something we can do about it, and it's actually quite easy. In this session, we will explore two actionable concepts that you will enjoy adding to your daily/weekly routine and that will help you live a happier, positive, purposeful life!

**To register, [please click here.](#)**



### Points to Ponder

You can practice resilience every single day. How? Five quick and easy steps:

1. Fill your life with meaning. Know what has true value and prioritize accordingly. Have a good reason to get up each morning.
2. Be sure to look at every situation from all sides before flying off the handle or thinking the worst case scenario. Stay balanced.
3. Be self reliant. Know your strengths and capabilities and you will learn to believe in and depend on yourself. Your self confidence will grow.
4. Don't give up on your goals. Don't ever quit trying.
5. Learn to accept who you are. Be your own best friend and be prepared to go it alone if you have to.

To learn more, log-in now at [www.ndbh.com](http://www.ndbh.com)