**12 Ways for Adults to Restore, Rejuvenate and Build Resilience**

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1. Cultivate and nurture caring and supportive relationships with family and friends. Relationships that provide love and trust, encouragement and reassurance are a lifeline that sustains us during difficult times.
2. Recent brain research shows the power of affection and healthy connections. Positive relationships and involvement in healthy activities are like “biological allies” that help to boost our immune system.
3. Retrain your brain to be your friend. How often we say discouraging, negative things to ourselves. We would never talk to a friend that way—nor should we treat ourselves with disrespect and negative messages that undermine self confidence and well-being.
4. Remember the healing power of humor. Through humor, sometimes you can soften some of life’s tough times. And once you find a way to let go and let laughter in, you will feel more able to deal with your situation.
5. Keep tough times in perspective. Take care to see problems as challenges to be overcome, not as insurmountable crises with no end. It helps to remember to take one step at a time to solve problems.
6. Reach out for support from experienced professionals. Remember that asking for help when we need it is a sign of strength, not weakness.
7. Accept that change is an inevitable part of life. Accepting situations beyond our control can free us to focus better on what is within our reach. Focus on what you do have control over instead of what is uncontrollable.
8. Set realistic plans and goals for yourself and move toward them one at a time. Remember to commend yourself for accomplishing each step along the way.
9. Understand and manage strong emotions in healthy ways. Write about your feelings and find someone you can trust to talk to so you can communicate in effective ways that promote better understanding.
10. Take good care of yourself. Find ways to care for yourself physically, emotionally and spiritually. Exercise with a friend, try dance, yoga or meditation, get plenty of rest and do something every day that helps you relax and refills your well.
11. Consider forgiveness as a process that takes time, but can have enduring, multiple benefits for everyone involved.
12. Maintain a hopeful outlook for the future. Hope is the travel virtue that helps us get through the dark days and help us come out on the other side stronger and more confident. Focusing on gratitude each day for all the big and little things in life contributes to physical and emotional health and strengthens our resilience.

For more information, see [www.pedro-carroll.com](http://www.pedro-carroll.com/%22%20%5Ct%20%22_blank) and her blog at [http://helpingchildrenthrive.wordpress.com/](http://helpingchildrenthrive.wordpress.com/%22%20%5Ct%20%22_blank)