

**SUICIDE
AWARENESS &
PREVENTION**

How to *Build* Resilience

Resilience is a protective factor against suicide risk. Resilience is the ability to adapt well in the face of adversity; it is both a natural and learned skill. Individuals who are more resilient are less likely to experience suicidal thoughts. Building resilience is a key component to suicide prevention. Accepting that there will be changes that need to be made is the first step towards building resilience. Try some of these additional ways to build your resilience and help prevent suicide.

- 1. Cultivate a positive mindset:** Focus on the positive aspects of situations, practice gratitude, and develop a resilient attitude by believing in your ability to overcome difficulties.
- 2. Build a strong support system:** Surround yourself with supportive, caring people who provide encouragement, and guidance during tough times. Foster relationships with family, friends and mentors.
- 3. Take care of your physical health:** Engage in regular exercise, eat a balanced diet, prioritize sleep, and practice relaxation techniques. Physical well-being plays a significant role in emotional resilience.
- 4. Practice self-care:** Allocate time for activities that bring you joy, relaxation, and rejuvenation. Engage in hobbies, practice mindfulness, indulge in self-reflection, or engage in activities that help you unwind.
- 5. Develop problem-solving skills:** Break down problems into manageable steps, brainstorm potential solutions, and take action. Building confidence in your ability to tackle challenges will enhance resilience.
- 6. Set realistic goals:** Establish achievable short-term and long-term goals. Accomplishing small goals helps build confidence and resilience for handling larger challenges.
- 7. Foster flexibility and adaptability:** Be open to change and embrace the idea that setbacks and failures are part of life. Adaptability allows you to make adjustments when faced with unexpected circumstances.
- 8. Develop strong coping strategies:** Identify healthy coping mechanisms that work for you, such as seeking support from others, practicing self-reflection, journaling, and engaging in creative outlets.
- 9. Maintain perspective:** Try to view situations from a broader perspective. Consider what you can learn or gain from the experience, and remember that setbacks are temporary and opportunities for growth.
- 10. Practice self-compassion:** Be kind and understanding toward yourself. Treat yourself with the same level of care, support, and empathy you would offer to a friend or loved one facing difficulties.
- 11. Learn from past experiences:** Reflect on challenges you have overcome. Recognize the strengths you utilized. Draw upon those experiences as a reminder of your resilience and ability to overcome adversity.