

The Road to Resilience

BUILDING RESILIENCE

- **Turn to those you trust.** Reach out to a loved one and connect over a phone call or walk in the park.
- **Practicemindfulness.** Engaging in mindfulness can help you to regulate your emotions and cope with feelings of worry.
- **Focus on the facts.** Focusing on what is not known or in your control can leave you feeling hopeless. Redirect your thinking and concentration to known issues within your control.

PROCESSING TRAUMA

- **Stick to your routine.** Your routine can be a source of comfort and regularity.
- **Turn to others.** Family, friends, and clinicians are here to support you—open up about your experiences and feelings with trusted people in your life.
- **Relax and recharge.** Take time to care for yourself and engage in what relaxes you, like baking a cake, going for a run, or listening to music.
- **Seek help if you need it.** Sheppard Pratt's **Psychiatric Urgent Care** clinics in Towson and Elkridge provides immediate psychiatric triage to those in need. Visit sheppardpratt.org to learn more.

Resilience is the quality of an object to bend, but not break, when pressure is applied. It is important to build resilience to effectively navigate traumatic and adverse situations.