

CONNECT WITH OTHERS

NUMBER

1



CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021



ENGAGE WITH PEOPLE IN YOUR SUPPORT NETWORK

- Schedule a coffee date with a close friend
- Reach out for that overdue chat with someone you care about
- Avoid negative people who make you feel worse

VOLUNTEER FOR A CAUSE YOU CARE ABOUT

- Donate your time to a nursing home, food pantry, crisis line, or another cause that could benefit from your support
- Take care of a foster or adopted pet

ACCEPT SUPPORT FROM OTHERS

- Give others an opportunity to give without questioning how you might be perceived or whether you deserve it
- Allow yourself to be vulnerable and ask for a listening ear when you need it
- Express your appreciation for the support you have given

EXPLORE A NEW RELATIONSHIP OR GROUP

- Setup a time to connect with someone you don't know well but would be interested in getting to know better
- Join an organization or club with people who share interests, like a book club or running group

Adapted from American Psychological Association (APA). 2012 Building your resilience.