Research on resiliency shows that these are the top indicators of positive outcomes during stressful times in our lives. Some may come naturally whereas others may need to be purposely cultivated. The more conscious we can be of intentionally nurturing these factors in our lives, the more resilient we will be in managing challenging periods. Choose a few factors that resonate with you and purposely focus on developing them!

**Top Resiliency Factors**
- Optimism
- Altruism
- Moral Compass
- Faith/Spirituality
- Humor
- Role Models
- Social Supports
- Mission in Life

**Strategies for Managing Stress & Decreasing Anxiety**

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For further support, reach out to FEAP at:

www.uvafeap.com  434-243-2643