

Resilience Boosters

Starting with ABC

“Never let a good crisis go to waste.”

Anne Harbison

Psychological Change

- **A**ffect (emotions, feeling, heart)
- **B**ehavior (actions, doing, body)
- **C**ognition (thoughts, reasoning, mind)



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Affect

- Give yourself the permission to be human

“Those who don’t know how to weep with their whole heart don’t know how to laugh either.” (Golda Meir)

- Express gratitude

“When you appreciate the good, the good appreciates.”

Behavior

- Exercise regularly

“Not exercising is like taking a depressant.”

- Invest in relationships

“Friendship doubles joys and cuts griefs in half.” (Francis Bacon)

Cognition

- Distract yourself (keep it real!)

“The media is not a looking glass, but a magnifying glass.”

- Frame positively

“Nothing is good or bad but thinking makes it so.” (Shakespeare)

Ingredients of Resilience

- Give yourself the permission to be human
- Express gratitude
- Exercise regularly
- Invest in relationships
- Distract yourself (keep it real!)
- Frame positively

Things do not necessarily happen for the best, but you can choose to make the best of things that happen.