



Resilience

What is resilience?

Deu: Wieder-
standsfähigkeit

There is no
one resilience
definition

Instead, there are many definitions that essentially aim at flexibility in

- dealing with stress,
- the regulation and regeneration of stress and the ability to
- cope with crises in a healthy way

Social
support

Accept
help

Strengthen
self-worth

Be your
best
friend

How to become more resilient?

meditation

Accept
changes

Habit formation: becoming resilient is a continuous process of repetition

Quelle: <https://www.resilienz-akademie.com/10-impulse-zum-resilienz-staerken/>