

4 Methods to Stay Resilient

Getting in touch with your spirituality does not have to be complicated. Connecting with God enriches your life with positive words and actions and helps you look inwards to reflect. It also motivates you to look outwards to serve others.

According to book author Dr. Steven Southwick, who wrote *Resilience: the Science of Mastering Life's Greatest Challenges*, people who have spiritual strength

"meet the challenge and continue with purposeful lives... they bounce back and carry on."

If you are suffering through difficulties, try these methods:



Meditate

Meditation can induce feelings of calm and clear-headedness as well as improve concentration and attention. Mindfulness meditation in particular, helps you focus on what you are sensing and feeling at the moment.



Prayer

Connecting with a Higher Power through a moment of prayer helps alleviate worries and burdens, and inspires feelings of hope and positivity.



Yoga

This centuries-old spiritual practice performed through stretching and breathing helps you stay centered and increase feelings of well being.



Journal

Through journaling, you can connect deeper with your inner self. Writing about your thoughts and feelings helps you realize the meaning of life's challenges and builds your resilience.

