

Resiliency Tips for New Yorkers

1 Practice mindfulness, or “being in the moment”. Take a moment each day to quiet your mind and savor life’s small joys.



4 Be ruthless about sticking to a routine for eating, sleeping and exercise. Keeping your body healthy will give you the stamina to weather bouts of turbulence when you need to.



2 Take time every day to do something for yourself. Self-care isn’t selfish... you can’t pour from an empty cup!



5 Helping others is a great way to help yourself. Acts of kindness can reduce stress, fight depression and provide a sense of purpose.



3 Care for yourself the way you would your favorite houseplant. Get enough water, nutrition and sunlight with a boost of positive self-talk!

6 Connect with nature. Take a moment to embrace the life and resiliency that exists within every living thing. It can leave you feeling calm and clear-headed.



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