Resilience Pyramid

1. Be (your best self)
2. Make meaning
   - Express Gratitude
   - Lend Your Strengths
3. Reflect
   - Learn From Mistakes
   - Adopt a Growth Mindset
   - Practice Mindfulness
4. Engage
   - Have Fun
   - Use Resources
   - Connect With Others
   - Connect With Nature
5. Practice
   - Breathe
   - Eat Well
   - Move Your Body
   - Get Good Sleep