Grow your resilience with these tips:

- **Be kind to yourself**
  Give yourself permission to feel a wide range of emotions, both good and bad, and let go of high self-expectations.

- **Do what you need**
  Let go of what you think you should be doing. Allow yourself to do something that brings you joy.

- **Listen to your body**
  If you need to move around to release energy or you get an urge to cry out, go ahead.

- **Unplug**
  Take a break from constantly browsing social media.

- **Get support, talk it out!**
  Speak your mind with someone you can trust.

- **Practice stress reduction**
  Try deep breathing or meditation.

- **Engage in meaningful practices**
  Prayer, music, art, acts of generosity or being in the nature can make a difference.

- **Take care of your body**
  Get enough sleep, eat well, drink plenty of water, and exercise. Avoid alcohol and other drugs.

- **Use old strategies**
  You are resilient. Use the strategies that helped before.

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**Online Resources for Help & Information**

- University of Florida (check regularly for important updates)
  - [ufl.edu](http://ufl.edu)

- American Psychological Association
  - [apa.org/helpcenter](http://apa.org/helpcenter)

- American Red Cross
  - [redcross.org/services/disaster](http://redcross.org/services/disaster)

- Centers for Disease Control & Prevention
  - [cdc.gov/disasters](http://cdc.gov/disasters)

- Lifeline Crisis Chat