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.

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

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

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.

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

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.

NY Project Hope Emotional Support Helpline
8 am - 10 pm, 7 days a week
1-844-863-9314