

# 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.



**NY Project Hope Emotional Support Helpline**

8 am - 10 pm, 7 days a week

**1-844-863-9314**