



incorporates physical and intellectual/spiritual training, such as martial arts or yoga.

**EMBRACE POSITIVE EMOTIONS.** Practice self-compassion. If you would behave compassionately toward a friend who was suffering, apply that compassion to your own suffering. Be grateful. This does not mean ignoring your challenges but rather reframing your situation and being grateful for the positive aspects of your life. Focus on small moments of happiness each day. We have the ability to provoke positive emotions when we need them most. It can be as simple as looking at pictures of things that make you happy.

**REACH OUT AND CONNECT SOCIALLY.** Physical contact—hugging, holding hands, stroking someone’s back—can bring about calm. Strengthen your connections to your family, friends, and community. Surprise someone in your life with a random hug—it may help you both, and it feels good!

The good news is that these resiliencies are available to everyone. Like any new muscle, they develop gradually. Be focused and mindful and see how your life improves as you practice your new skills. ❀

Source  
Rendon, J. “Post-Traumatic Stress’s Surprisingly Positive Flip Side.” *New York Times Magazine*. March 22, 2012. Available at <http://www.nytimes.com/2012/03/25/magazine/post-traumatic-stress-surprisingly-positive-flip-side.html?pagewanted=all>. Accessed March 25, 2013.

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