

Ten-Step Prescription for Resilience

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The 10-step Resilience Prescription is described in the book *Resilience: The Science of Mastering Life's Greatest Challenges*, which is co-authored by Dr. Charney and Steven Southwick, MD, Professor of Psychiatry at Yale University. Learn how this research into the biological, psychological, and social impact of trauma can teach you how to become more resilient.

- 1 Keep a positive attitude
- 2 Reframe your stressful thoughts
- 3 Develop your moral compass
- 4 Find a resilient role model
- 5 Face your Fears
- 6 Develop active coping skills
- 7 Establish and nurture a supportive social network
- 8 Prioritize your physical well-being
- 9 Train your brain
- 10 Play to your strengths

