The Expert Says

Nicole Coleman, PhD, an assistant professor of psychology at the University of Houston, shares tips on becoming more resilient.

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Learn from the past. Remind yourself that you've triumphed over difficulties before and can do so again. Tap into any tactics you used or learned during those dark days that got you through tough times.

Think positively. You may not know how to overcome a particular challenge, but tell yourself you have the strength to confront any of life's difficulties.

Meditate. Spend some quiet time alone in a comfortable space and try to clear your mind. You'll feel refreshed and renewed from taking a few minutes to be with yourself.

Ask for help. If you feel overwhelmed and unable to move past a challenging situation, seek professional assistance. Doing so is not a sign of weakness—it's actually one of strength.

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