Build resilience to overcome hardships

Building your resilience can help you better handle changes and challenges.

- 1. If there's a crisis, remember it exists outside of you. You can decide to react calmly and logically instead of panicking.
- 2. Don't play the victim. Adopt a positive attitude toward your situation.
- 3. Tap your support system; look to your close family, friends and peers for problem-solving assistance.

Visit MagellanAscend.com to learn more.

