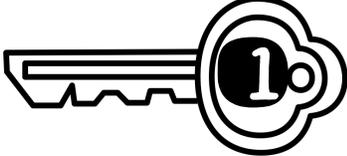
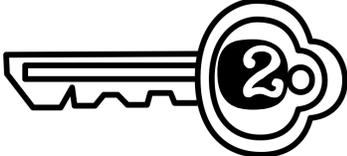
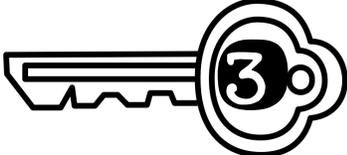


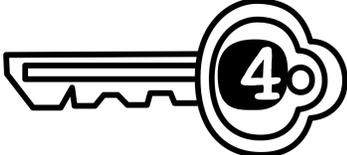
RESILIENCE: Resilience is the ability to bounce back quickly after experiencing disappointment or experiencing a crisis.

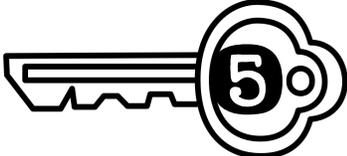
5 KEYS TO RESILIENCY

 1 Think Positively

 2 Focus On What You Can Control

 3 Know What's Important

 4 Know What You're Good At

 5 Surround Yourself With Things That Matter