

A close-up photograph of a person's hands and arms as they write in a notebook. The person is wearing a light-colored, textured sweater. The background is blurred, showing more of the person and the notebook.

GuidanceResources®

# Achieving Resolutions With Resilience

The beginning of a new year is a great time to start fresh and to make positive changes in your life. Whether you want to eat better or exercise more, breaking old habits and forming new, healthier ones requires persistence and perseverance. They would not be habits, after all, if they were easy to quit.

For most of us, the first positive step in setting and achieving goals is building the skills and strategies needed to remain resilient when we experience that inevitable setback, feel overwhelmed or become stressed. Resilience is our ability to overcome adversity, to bounce back and to look after ourselves so that we can get back on route to achieving our goals. Much like immunity protects physical health, resilience protects mental and emotional health.

No matter what goals you have set for this year, a positive attitude will be key to your success, as will remaining calm and keeping stress in check. Remember: Any discouragement you feel is natural. No one ever said change was easy, but the rewards of a happier, healthier and more resilient you are well worth it. You'll see.

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