

# How to Build Family Resilience



## Foster Open Communication

Create a family culture where members feel comfortable sharing their thoughts and feelings.



## Build a Strong Support Network

Encourage family members to support each other in big and small ways.

## Embrace Change Together

Teach your family to view change as an opportunity for growth.



## Develop Coping Skills

Equip your family with tools to manage stress and adversity.

## Celebrate Successes and Learn from Failures

Acknowledge and celebrate each family member's achievements, no matter how small.



# Creating Resilient Families

**LM Reder**



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