Find strategies for building resiliency in each dimension in Wespath’s Resiliency Toolkit at wespath.org/benefits/resources/wellness-toolkits/.

**Physical resiliency** is a well-known way to combat stress. To build physical resiliency, make physical activity a regular part of your day.

**Emotional resiliency** can be developed by making and maintaining connections with others, evaluating, setting goals and even changing your perspective.

**Spiritual resiliency** touches on things like values beliefs and purpose. Practices like meditation, prayer, affirmations, or specific spiritual rituals have histories of success.

**Social resiliency** is about how combining skills can change the capacity of a group to address challenges.

**Financial resiliency** can be boosted by being a good steward of financial resources, as John Wesley recommends.
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