

Build Your Bounce

Take time every day to nurture your own resilience!

D.I.Y

Free Mindfulness Apps

- Calm
- Sanvello
- Life Armor

Yoga & Full Body Stretch

[Click here](#)

In the community!

Learn how you can volunteer via [SLCE](#) or 954-262-7195

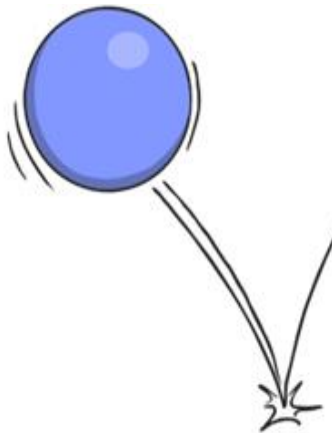
Guided Self Change

Instagram:
[guidedselfchange](#)

On campus!

Getting involved in clubs, organizations, and activities are important, because they create communities of common interest. For example, resident assistants and peer counselors make a difference, because they can help students develop coping strategies so that small problems don't become big ones.

Visit [SharkHub](#) to find out about clubs and organizations on NSU campus.



Build Your Bounce

How will you find your bounce?

Write in ways you can build your resilience in the circles below.
(I.e. this could be in the area of education, spiritual, physical, etc.)

