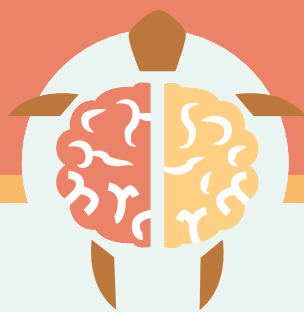


*Resilience Tip*

Be a  
**PROBLEM  
SOLVER**  
but know when to  
**ask for help**

*For more mind resilience tips, visit us at*

[www.mindresilience.org](http://www.mindresilience.org)



**MINDRESILIENCE**

*Nurture your Well-Being*