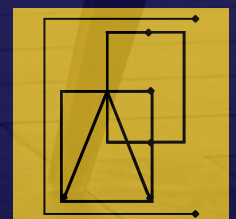


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#6 Recovery Strategies: Bouncing Back
Stronger



Episode
#8



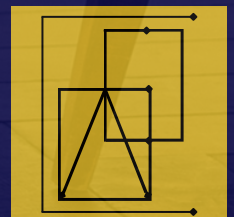
WHY IS IT IMPORTANT?

In life, setbacks are inevitable. They can hit us out of nowhere, leaving us disoriented and wondering how to regain our footing.



ATTENTION PLEASE

But it's not the setback itself that defines us; it's our response

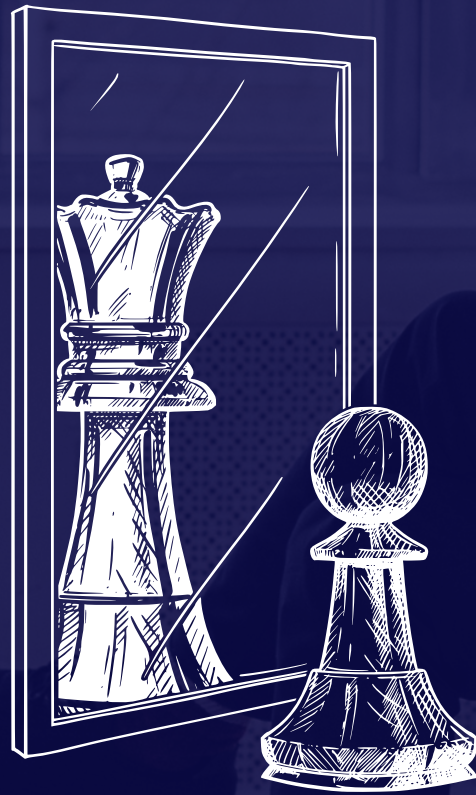


#1 REFLECTION AND LEARNING

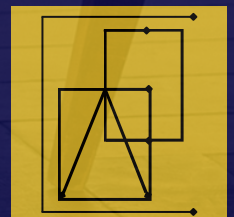
Take a moment to
reflect on the setback.

What **happened**?

What can you **learn**
from it?



This **introspection** can be a **powerful** tool for
personal growth



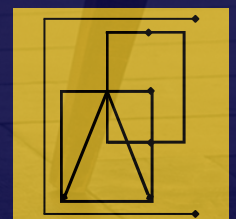
#2

RESILIENCE THROUGH ROUTINE



Establish a daily routine

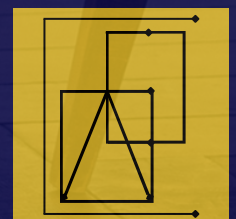
This offers **stability** in uncertain times and **helps** you **regain** a sense of **control** over your life



#3 SEEK SUPPORT



Don't hesitate to **lean on** your support **network**—family, friends, or mentors. Their **encouragement** and **guidance** can be invaluable

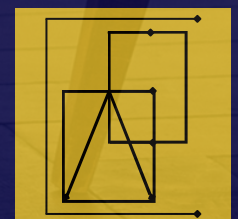


#4 REBUILD **STEP BY STEP**

Don't rush the
process

Recovery **takes**
time

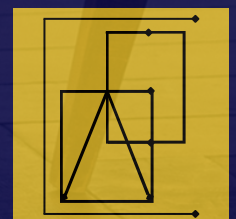
Break your journey into **manageable** steps and
celebrate small victories along the way



#5 SEEK PROFESSIONAL HELP



If the setback has **deeply affected** your mental well-being, **consider** seeking **professional** support from **therapists** or counselors

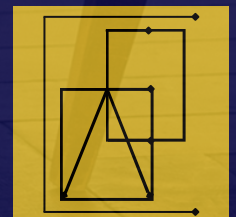


#6

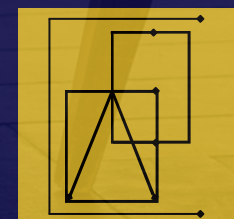
EMBRACE RESILIENCE



Understand that setbacks are part of life. View them as opportunities to build resilience and grow stronger



Life's curveballs may be **challenging**, but with the **right recovery** strategies, you can **bounce back** and emerge even **more resilient** and determined. **Keep moving** forward; your **best days** may be just **around** the corner



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How does your best day look?



Comment your thoughts!



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