



Making Meaning During Difficult Times: Where Does Your Deep Gladness Meet the World's Deep Sadness?

Connecting to something
larger than ourselves helps
us build our resilience.



**What are you really good at and how can you
use that skill to help others around you?**

- Are you very organized?
- Good with finances?
- Artistic or a good writer?
- Is humor your best skill?

Whatever your signature skill is, think about how you can use that skill
in these moments to make a difference in the world around you.

When you are feeling like the world is against you, one of the best things you can do
for yourself is help others. There are many people who need help—by connecting
to something larger than yourself, you can feel less alone in your suffering.



Scan to find
more Mental
Health Resources.