

12 Powerful Ways to Enhance Your Mental Strength

Every human being has three basic needs—safety, satisfaction, and connection—that are grounded in our ancient evolutionary history. The neural machinery that enabled our ancestors to satisfy their need for safety by finding shelter, for satisfaction by getting food, and for connection by bonding with others is alive in our brains today. A particular need is best met by inner strengths that are matched to it—and these mental resources are what make us resilient. As you become more resilient in the face of life’s challenges, you move toward greater well-being and away from stress, worry, frustration, and hurt.