

# ADOPT PROTECTIVE FACTORS TO FACE CHALLENGES

## BEHAVIOURAL CHALLENGES



Behavioural  
problems



Physical  
activity



Conflicts with  
friends or family



Emotional  
support



Turning to drugs  
and alcohol



Social  
activities



## RESILIENCE

## LIFE CHALLENGES



Covid-19:  
uncertainty  
and adaptation



Skill  
development



Proper  
nutrition



Adequate  
sleep



Stress of  
studies



Anxiety and  
depression

For protective factors at the family and community levels, visit [nbhc.ca/resilience](https://nbhc.ca/resilience)



New Brunswick Health Council | Conseil de la santé du Nouveau-Brunswick