

# ADOPT PROTECTIVE FACTORS TO FACE CHALLENGES

## BEHAVIOURAL CHALLENGES



Behavioural  
problems



Conflicts with  
friends or family



Turning to drugs  
and alcohol



Physical  
activity



Emotional  
support



Social  
activities



## RESILIENCE



Skill  
development



Proper  
nutrition



Adequate  
sleep

## LIFE CHALLENGES



Covid-19:  
uncertainty  
and adaptation



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  
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