

Editing The Instagram Carousels

1. You will need Canva to edit the templates. [Get a free account here.](#)
2. Select a carousel from below.
3. Click on “Use Template” to make a copy.
4. Start editing.

3 Powerful Strategies for Building Mental Resilience

https://www.canva.com/design/DAFsIsAIS4I/7sdypliK230KTg6DHWIQhA/view?utm_content=DAFsIsAIS4I&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

5 Ways to Build Mental Toughness from the Ground Up

https://www.canva.com/design/DAFsItvkEkM/aFHJj_ypLpebb7jbx8KAGw/view?utm_content=DAFsItvkEkM&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

A Real-Life Story of Physical Resilience For Those Who Are Facing Adversity

https://www.canva.com/design/DAFsI5RRNVg/4ZUww7Q1AaE_ge2cxPG4eA/view?utm_content=DAFsI5RRNVg&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

Exploring the Mind-Body Connection for Resilience

https://www.canva.com/design/DAFsI_bU45M/vf6R4NH2WbP1xCzw7rgR6A/view?utm_content=DAFsI_bU45M&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

How to Build Resilience in a Time of Crisis

https://www.canva.com/design/DAFsI2p8atc/T2Ft_-85wzJez6CgFcw8Vg/view?utm_content=DAFsI2p8atc&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

The 5 Best Foods for Fueling Your Physical Resilience and Endurance

https://www.canva.com/design/DAFsI9dlx28/6CsL8JkOIYKivnWKwz87Q/view?utm_content=DAFsI9dlx28&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

The Science of Resilience: How Your Brain Can Bounce Back From Challenges

https://www.canva.com/design/DAFsJbPH_ew/BxUkw-voPXZz6N5eWCrR-g/view?utm_content=DAFsJbPH_ew&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

Top 3 Essential Tips to Handling Stress for Emotional Resilience

https://www.canva.com/design/DAFsJWtXB7c/2xfp1go6USgOFSATQydUvw/view?utm_content=DAFsJWtXB7c&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

Top 3 Habits of Highly Resilient Individuals

https://www.canva.com/design/DAFsJSwdON8/nQ05FRN3VX6MGNyUNyBOVw/view?utm_content=DAFsJSwdON8&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

Top 5 Daily Practices to Strengthen Your Physical and Mental Resilience

https://www.canva.com/design/DAFsJsFcEf8/bQsmx8Qc32yUy0he7BqXoQ/view?utm_content=DAFsJsFcEf8&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview