

5 Ways To Build Resilience...

Make Connections

Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience.



Focus On Your Goals

Move towards your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What is one thing I know I can accomplish today that helps me move in the direction I want to go?"

Positivity Is Key

Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps to build resilience and feel less stressed.



Maintain A Hopeful Outlook

Being optimistic enables you to expect that good things will happen in your life. Visualise what you want and try not to worry about what you fear, and remember, keep things in perspective.

Accept Change

Accept that change is a part of living. Accepting circumstances that cannot be changed can help you focus on the circumstances that can.

