

6 ESSENTIALS TO BUILDING RESILIENCE



1 STEP OUTSIDE YOUR COMFORT ZONE

Take on a challenge that feels a little scary. Try a new hobby or activity. Look to build a new skill or enhance an existing talent.

SET GOALS - EMBRACE THE UNKNOWN - FACE FEAR



3 FIND PURPOSE IN ALL YOU DO

Know your why. Look for the reason behind all you do to keep purpose in mind. When life has meaning you can face most things head on.

KNOW YOUR WHY - LOOK FOR MEANING - FOCUS



2 CREATE TIME TO REFLECT EACH DAY

Take 2 minutes at the beginning and end of your day to reflect on all you have been through. This helps you to process, focus and be present.

BE PRESENT - PAUSE - BREATHE



4 KEEP MENTALLY ACTIVE

It is not just our bodies that need exercise but our minds too. Look to learn something new each day that makes you think.

BE INQUISITIVE - PROBLEM SOLVE - QUESTION



5 HAVE AN ATTITUDE OF GRATITUDE

Being grateful and looking for moments each day that you appreciate helps improve our mindset and happiness levels.

GIVE THANKS - APPRECIATE - JOYFUL



6 HAVE A GOOD SELF-CARE ROUTINE

Keeping yourself fit and healthy positively impacts your mental and emotional capacity as well as building your immune system.

REST - ACTIVE - FUEL