

# TIPS FOR BUILDING RESILIENCE

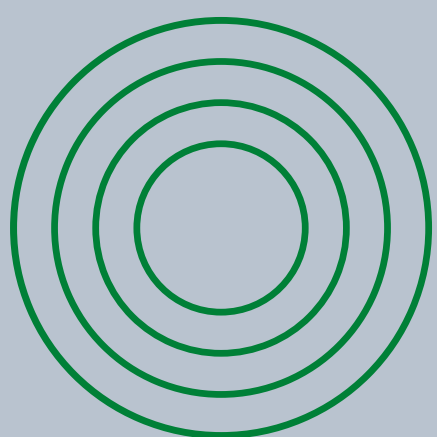
The ability to bounce back from setbacks

## MINDSET

- OPTIMISM - balance a positive outlook with a realistic view of the world
- FACE YOUR FEARS - they become less frightening
- FLEXIBILITY - in the way you think about challenges & your emotional reactions to stress
- MEANING - have a mission & purpose to the things you do



## CIRCLE OF CONTROL, INFLUENCE & CONCERN



- CONTROL - acknowledge what is in your direct control
- INFLUENCE - focus on the concerns you can do something about
- CONCERN - let go of what you cannot control or influence
- Focus your energies on what you can control & influence

## SUPPORT NETWORK

- SOCIAL CONNECTION - calms our mind & reduces stress
- FAMILY & FRIENDS - talking can help to reduce stress
- ROLE MODEL - we can look to resilient role models as a positive example & for support
- COMMUNITY - joining a social group can increase your sense of value



## SELF-CARE



- Carve time out in your day for some self-care, make it a priority
- Exercise regularly, even a small walk
- Eat healthily, think about your meals
- Practice mediation / mindfulness
- Take up a hobby or learn a new skill