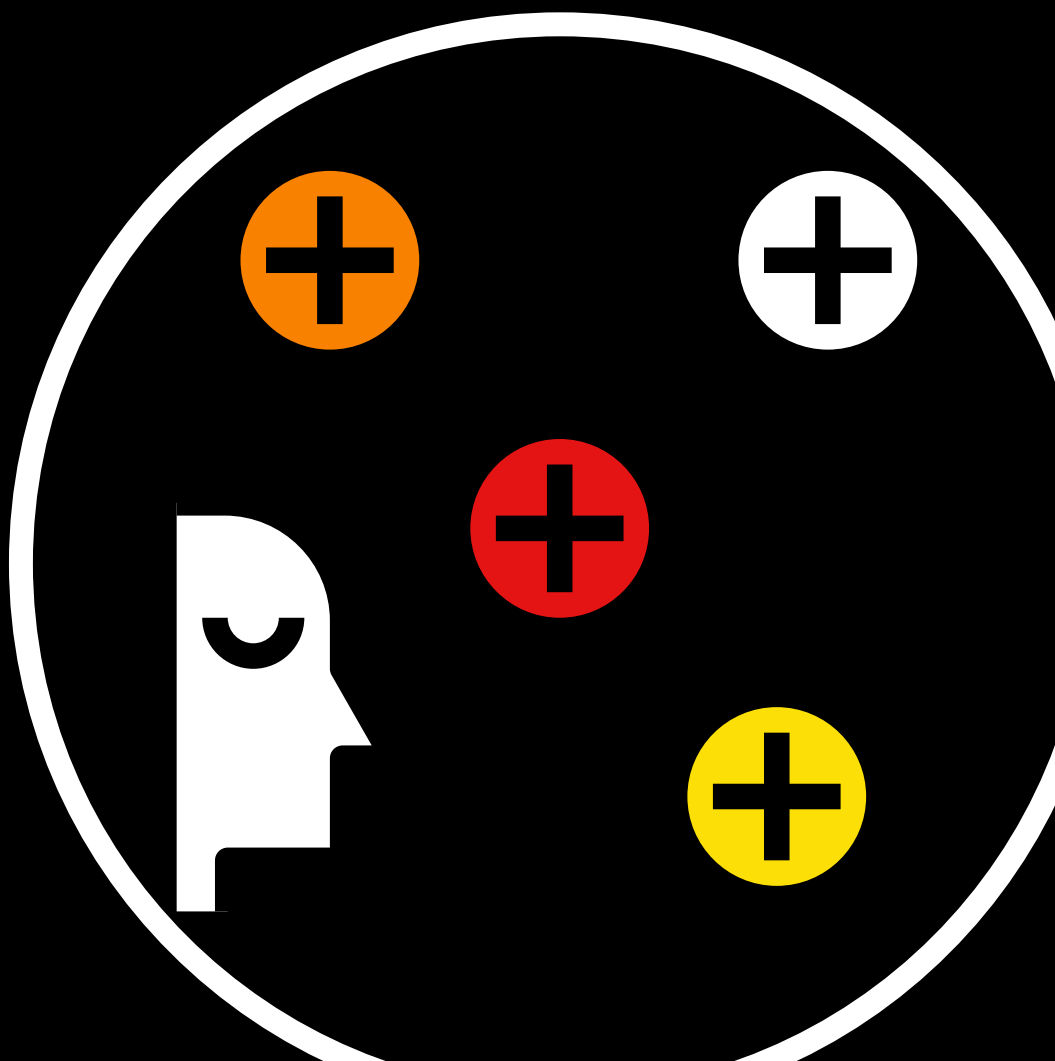


# RESILIENCE

resilience is our ability to bounce back from life's challenges, traumas and set backs.



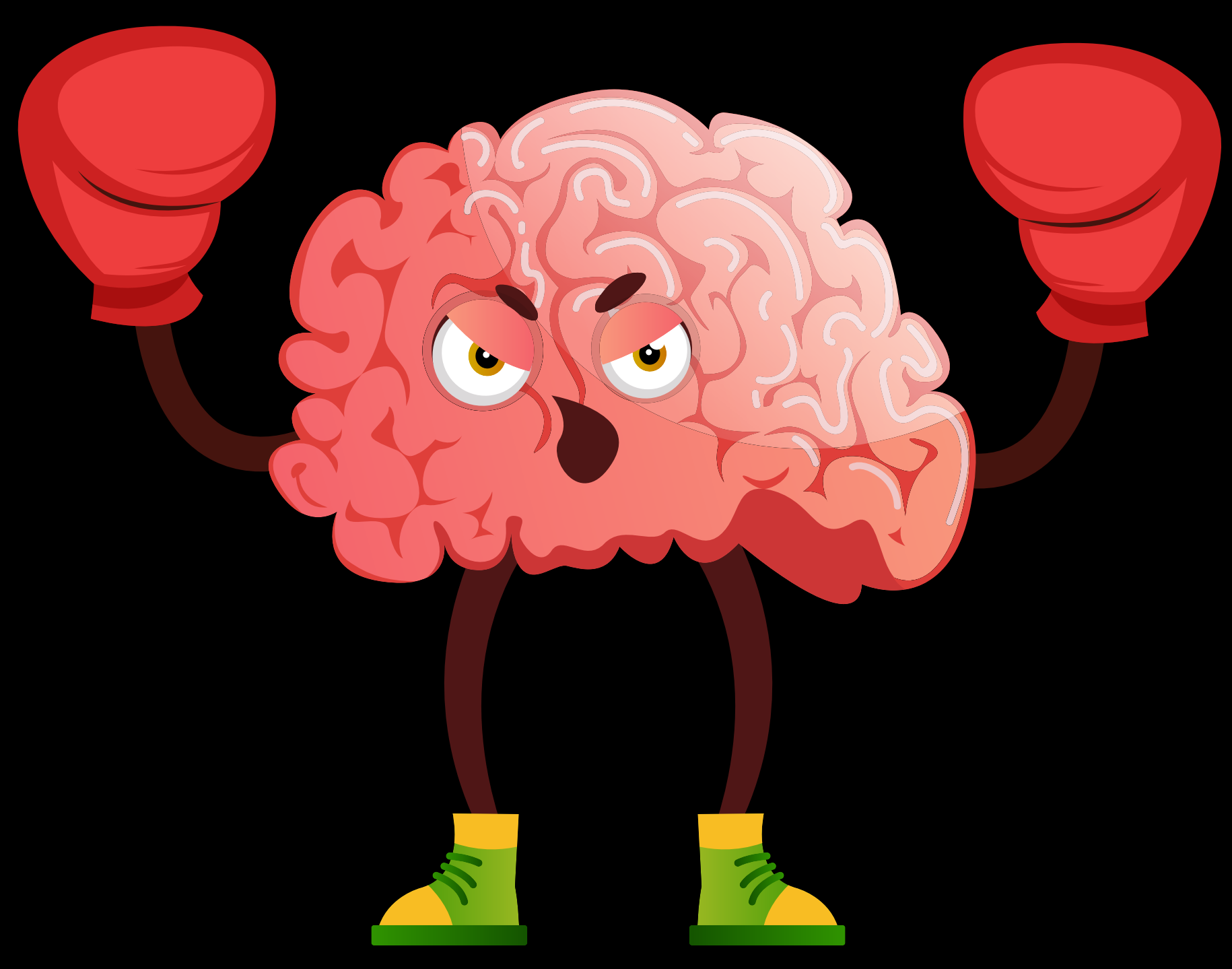
**Look after No.1**  
Be the best YOU. You can often discover things about yourself during your most challenging times. If you don't look after you, you can't look after others.



**Be Optimistic**  
Maintaining a hopeful outlook is very important to your mental health



**Focus on small wins**  
If you think of the worst outcomes you will struggle. Look for small wins and build on them.



**Make "You" Time**  
Make time for chilling out or personal hobbies. Have something to look forward to each day.



**Change is Constant**  
Life is a rollercoaster. Sometimes are good while others are bad. Learn to adapt to changes in life.



**Keep Life in Perspective**  
You will face many trials, remember it might not be as bad as you think. Learn from challenges and mistakes rather than let them defeat you.



**Keep Fit and Practice**  
Don't let your guard down when it comes to your boxing; keep fit, keep healthy, keep trying and practicing when you can and were you can.