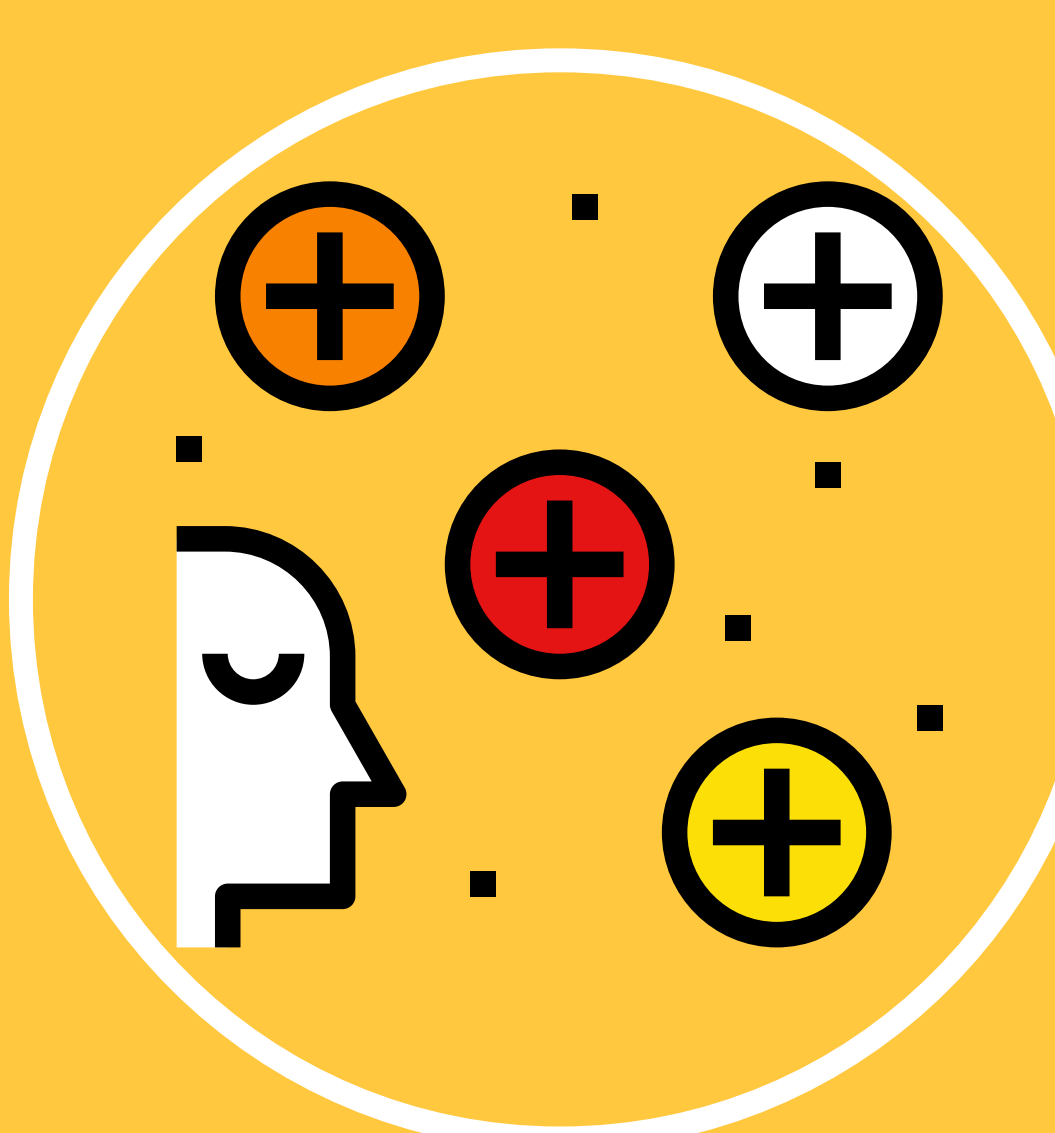


RESILIENCE

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



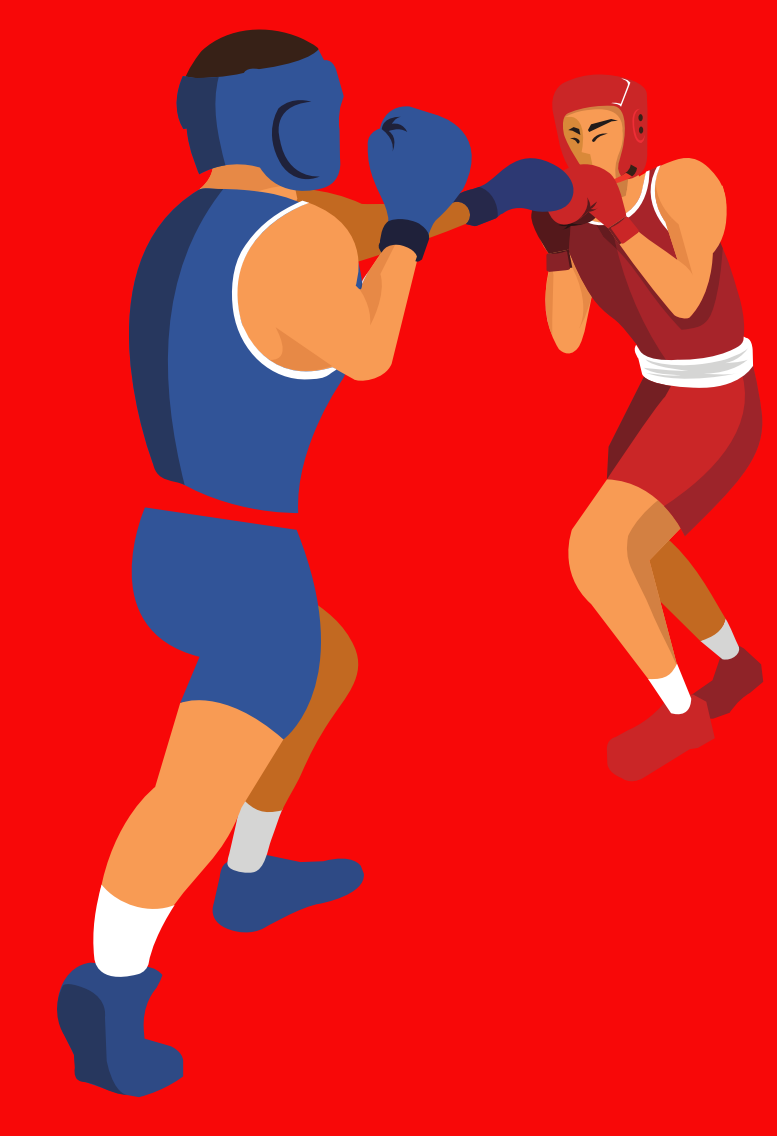
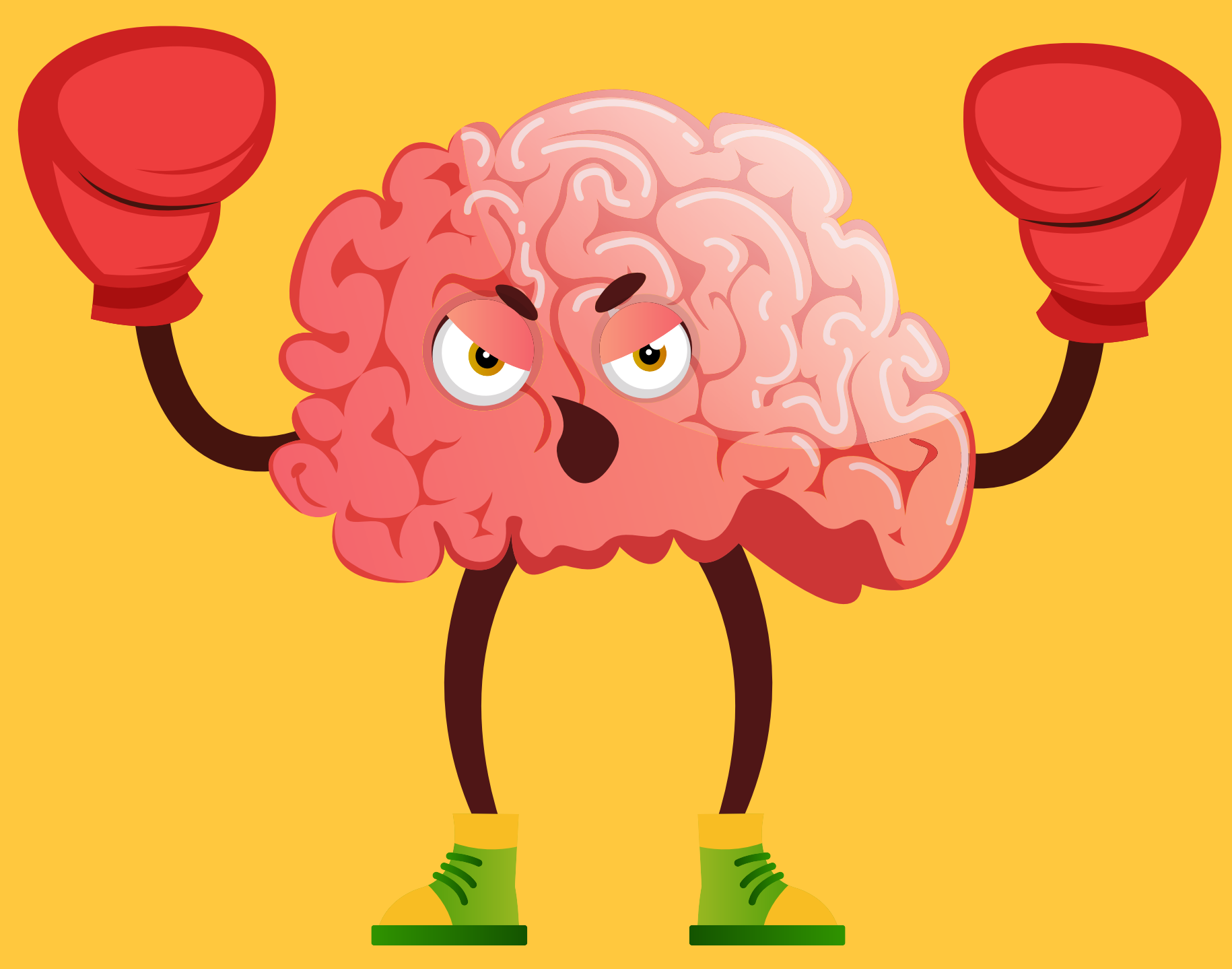
Look after No.1
Be the best YOU. You can often discover things about yourself during your most challenging times. If you don't look after you, you can't look after others.



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



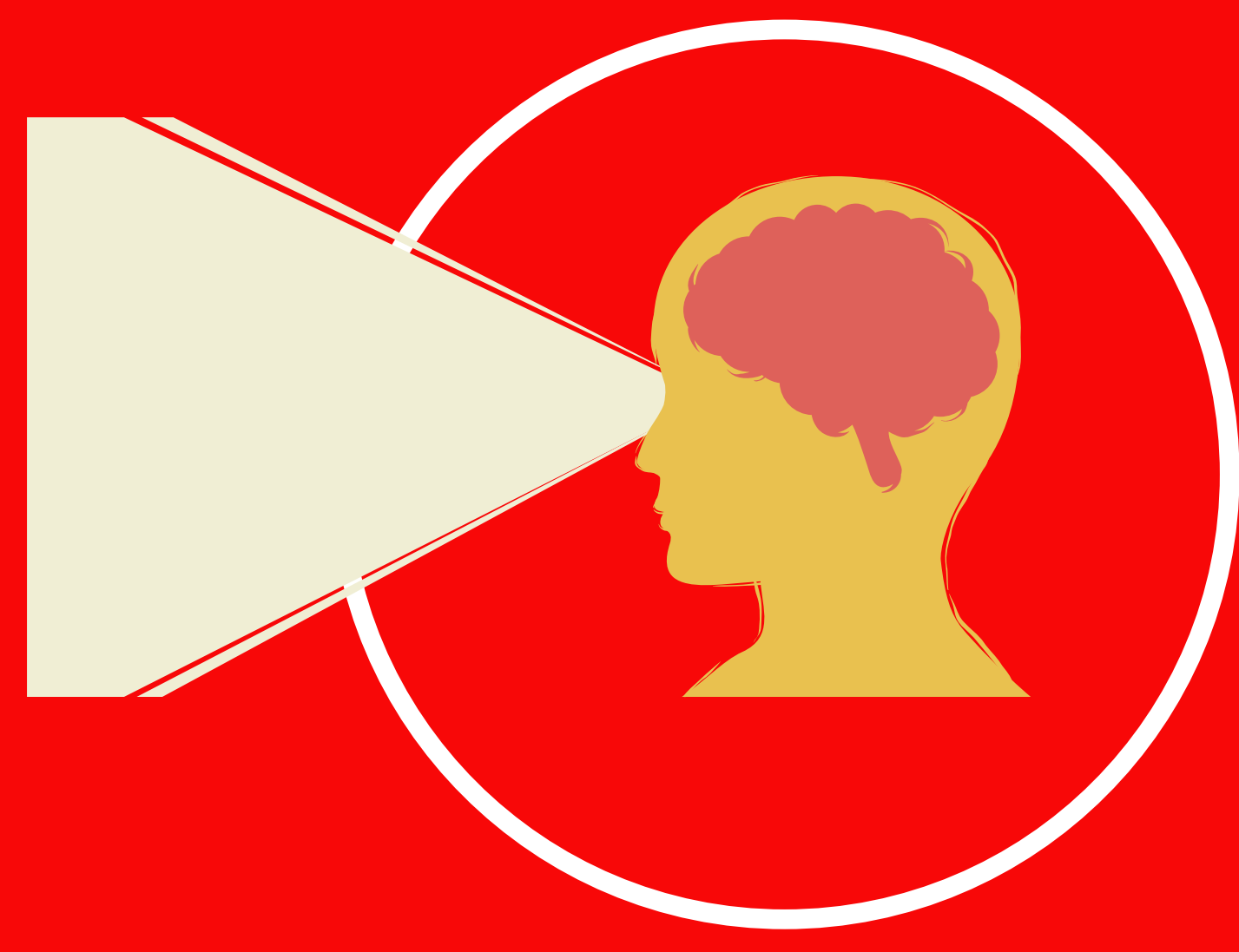
Focus on small wins
If you think of the worst outcomes you will struggle. Look for small wins and build on them.



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



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.