

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.

Make "You" Time

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



Be Optimistic

Maintaining a hopeful outlook is very important to your mental health



Change is Constant

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



Focus on small wins

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

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 development keep fit, keep healthy, keep trying and practicing when you can and were you can.