

# 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.

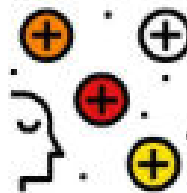
## Make "You" Time

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 where you can.