

Building Resilience

Acceptance

Accept the reality of situations - this can help you to find solutions to problems and move forward.

Acceptance allows you to make peace with adversity and practice self-compassion (being kind to yourself).

Self-compassion

Practicing patience and kindness for yourself is just as important as with others.

Take time to rest and enjoy doing the things you love the most through self-care.

Flexible and Open Minded


Look at the bigger picture before jumping to the worst case conclusions (catastrophising).

Being flexible can allow you to problem solve and adapt to challenging and difficult situations.

Remain Optimistic

Fixating on the negatives can hold you back.

Celebrate the positives - sometimes even the smallest positives can be the biggest wins.



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Live in the Present

Remember dwelling on regrets and mistakes won't change the past.

Moving on and learning from mistakes allows you to focus on the present and keep perspective.

Connect with Others

Valuing and building good relationships gives you a social support network.

Those around you can guide and empower you through difficult situations.

Set Boundaries

Boundaries allow you to define what you feel comfortable with and can manage.

Knowing your limits helps you to ask for support when you need it and prevent you from burning out unnecessarily.

Self-reflection

Reflection gives you time to think about your feelings and actions.

This can make you become more self-aware of your emotional responses.

For more information visit:

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