

Building Resilience

Welcome to the new year! 2020 has defiantly been a challenging year. But with challenges can bring triumph and resilience.

Resilience

- ⇒ Is the capacity to recover quickly from difficulties.
- ⇒ Being resilient helps you develop skills to deal with experiences that can be overwhelming.
- ⇒ It helps maintain balance during difficult times or stressful periods.



10 WAYS TO BUILD RESILIENCE

1. Build up your confidence;
2. Accept compliments when they are given to you;
3. Make time for your loved ones;
4. Give support to others when needed and accept support from others when needed;
5. Create and stick to a realistic budget;
6. Volunteer in your community;
7. Find ways to manage your stress on a regular basis;
8. Share your burdens with others, especially those who have been through the same things;
9. Identify and address your shifting moods;
10. Learn how to be at peace with yourself.