

# 15 TIPS TO HELP BUILD RESILIENCE



1. Create a clear plan of action
2. Good sleep routine
3. Eat healthily & hydrate
4. Adopt healthy self-care routines
5. Look for solutions, not barriers
6. Be flexible
7. Work on a positive mindset
8. Believe in yourself
9. Celebrate all achievements big & small
10. Embrace change and new opportunities
11. Work on controlling your emotions
12. Build positive relationships
13. Identify the controllable's
14. Let go of things beyond your control
15. Pick yourself up, dust yourself off and keep going!!

