



## Building Resilience

### Make some lifestyle changes

Learn to stand your ground and say 'no', spend more time around the people you love and trust, take up a new hobby.

### Focus on your physical health

Make sure you get enough sleep, maintain a healthy balanced diet and stay active.

### Get some 'Me' time

Take a break or holiday to refresh and recharge, reward yourself for personal achievements. Remember to forgive and forget if things don't turn out the way you had hoped.

### Get social

Build your support network and share any concerns you may have with people you feel comfortable around.

### Embrace change

Change is inevitable and part of life. Learn to accept what you can't change and discovering ways to adapt to changes that life throws at you will make you more able to cope.