

10 TIPS TO BUILD RESILIENCE



1. **Create a clear plan of action**
2. **Good sleep routine**
3. **Eat healthily & hydrate**
4. **Adopt good self care routines**
5. **Look for solutions not barriers & be flexible**
6. **Adopt a positive, mindset & have selfbelief**
7. **Celebrate all achievements big & small**
8. **Embrace change and new opportunities**
9. **Work on controlling your emotions & building positive relationships**
10. **Pick your self up, dust yourself off and keep going!!**