

Resilience DOES NOT mean that stressful things don't affect you. It DOES mean being able to deal with and overcome stressful things.

Resilience is our ability to cope under stress, trauma and adversity. Changing your mindset from negative to positive takes time and practise. The first step is noticing when these thoughts occur and then changing it for yourself whether that is in your head or out loud. Humour is a great release as long as it's meant well; don't forget to laugh!

EMOTIONS AND IMPULSES

Being aware of and in control of your emotions is really hard.

Try: meditating, journaling and gratitudes.

OPTIMISM

Like the brain below, look to the future in a positive way.

Try: Saying some of the phrases out loud.

CONNECTION

Helping other people helps us!

Try: Something little like exchanging a smile or something bigger like volunteering.

THINKING OUTSIDE THE BOX

Our brains CAN be trained.

Try: Next time you have to solve a problem, see how many solutions you can think of.

RETRAIN YOUR BRAIN

