

3 steps towards building your resilience

Building our resilience involves developing the skills and tools we already have. There are many different ways to grow our resilience, but it doesn't mean we have to try them all at once! **We invite you to pick just 3 ideas below** that most align with your goals or areas you wish to work on. Try to pick things that will challenge you, rather than options that you know will be easy - that will help you to get the most from this exercise.

Engage in some self care, and try to be aware of your limits

Bring physical exercise into your weekly routine

Start saying "no" if you tend to say "yes" to everything - this is about setting boundaries

Take your lunch break

Try practicing some mindfulness techniques

Limit your caffeine

At the end of the day, list 3 things that went well

Connect with others socially

Set realistic goals for yourself and others

Limit sugar intake

Implement a routine to help you sleep

Acknowledge concerns, and move your focus onto what **is** going to happen

Delegate where you can, don't try to do everything yourself

Ask for help

Learn more about wellbeing support in your organisation or community

Allocate the first 20 minutes of your day to planning

Be an effective listener

Identify what you can control in situations and focus on what you **can** do

Engage in your interests and hobbies

Limit alcohol

Recognise and champion other people's strengths and achievements

Do something that makes you laugh

Eat a healthy diet which includes fresh, healthy food that gives you energy

Record and celebrate your achievements - no matter how small