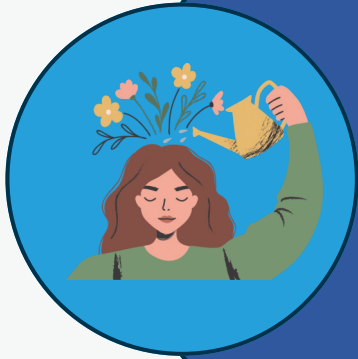


5 Ways To --- Increase Resilience

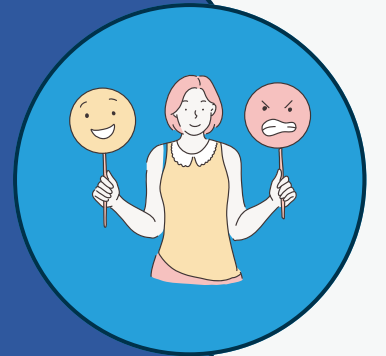


1. Develop a Growth Mindset

Embrace a mindset that views challenges and setbacks as opportunities for learning and growth. This attitude shift can help individuals become more adaptable and resilient when facing obstacles.

2. Strengthen Emotional Intelligence

Enhance your ability to recognize and manage your own emotions and those of others. This can improve communication, conflict resolution, and stress management skills, all of which contribute to greater resilience.

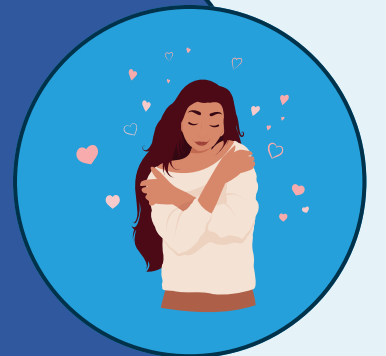


3. Build a Support Network

Cultivate strong relationships with colleagues, mentors, and friends who can provide emotional support and guidance during challenging times. A strong support network can help individuals cope with stress more effectively.

4. Practice Self-Care

Prioritise physical and mental well-being through practices such as regular exercise, healthy eating, mindfulness, and adequate sleep. Taking care of oneself physically and mentally is crucial for resilience.



5. Set Realistic Goals and Boundaries

Establish clear goals and boundaries to prevent overcommitting and burning out. This involves effective time management, delegation when possible, and a focus on achievable objectives to reduce stress and increase resilience.