

How can we be more resilient?

Tips to boost your resilience



Practice optimism

A tough spell can be an opportunity



Remember your successes

You've already overcome hard times and you can do it again



Rewrite your life

The way we see ourselves changes the way we see the world



Lean on others

A solid group of friends and family is vital in times of crisis



Don't personalise failure

Avoid blaming yourself: there are many factors to every adverse situation



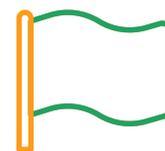
Give something to others

Helping others increases our own strength and empathy



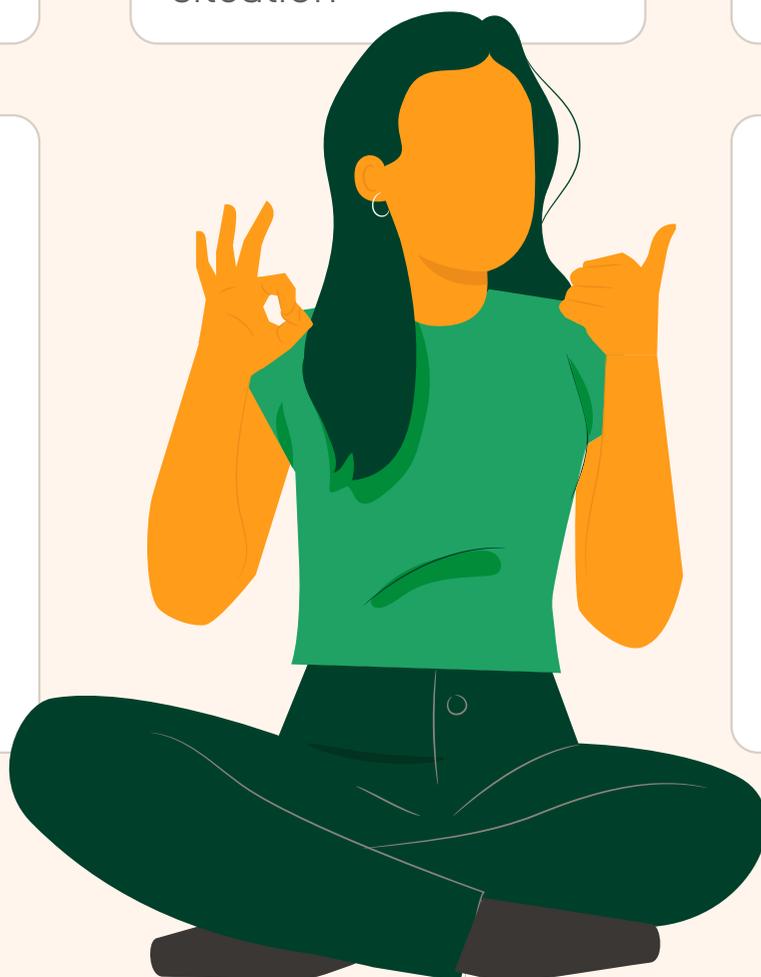
Manage stress

It won't go away: treat it as a stimulus and give yourself breaks



Get out of your comfort zone

Put yourself in situations that present a challenge, as this will make you stronger



Source: *The New York Times*.