

How can we be more resilient?

Tips to boost your resilience



Practice optimism

A difficult phase can be an **opportunity**



Remember your successes

You have 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 strong network of **friends** and **family** is vital in times of crisis



Don't personalise failures

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



Support 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**



Step out of your comfort zone

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



Fuente: *The New York Times*.