

HOW CAN WE BE MORE RESILIENT?

[TIPS TO BOOST YOUR RESILIENCE]



PRACTICE OPTIMISM

A tough spell can be an opportunity



DON'T PERSONALISE FAILURE

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



REMEMBER YOUR SUCCESSES

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



GIVE SOMETHING TO OTHERS

Helping others increases our own strength and empathy



REWRITE YOUR LIFE

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



MANAGE STRESS

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



LEAN ON OTHERS

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



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.