



Building Resilience

To build resilience we will look at 6 points

1. TOLERATING UNCERTAINTY

- It is normal to feel unsettled with any change
 - * Will I get Covid-19?
 - * Is my job secure?
 - * What about my finances?
 - * Coping with family
- We do not have the answers for many of these questions.
- To tolerate uncertainty, we need to sit with the uncomfortable feeling, knowing it will pass.

2. REALISTIC OPTIMISM

- Some people are more optimistic than others
- Are you an optimist or a pessimist?
- Pessimists prepare for the worst; this can be helpful for being ready for different situations
- The negatives of being a pessimist means it can escalate to worry and anxiety.
- We can be more positive – that does not mean we ignore the negatives, but finding a positive to balance out the negative can give us a more realistic, helpful perspective.

3. PROBLEM SOLVING

- Is this a problem I can solve?
- If yes, make a plan
- If no, let it go and focus on something you can change

4. USE YOUR STRENGTHS



- We all have strengths and we can use these to our advantage,
- Don't concentrate on your weaknesses it will lead to negativity and a sense of worthlessness.
- If you are not sure of your strengths complete a VIA survey at www.authentichappiness.sas.upenn.edu (head to questionnaire section of the website)

5. GRATITUDE AND KINDNESS

- Being thankful and showing kindness to others has a huge impact on our mental health.
- Kindness to others with boost the neurochemicals in our brain that improves our happiness.
- Try gratitude a diary.

6. LOOK AFTER YOURSELF

- Eat Healthy
- Exercise regularly
- Sleep
- Stay connected
- Stay home