

1. Activity on Resilience

Building strong social connections is a powerful way to develop resilience, among other strategies.

I spoke to James Asante, a friend I have known for 8 years. I chose him because he is a good listener, encourages me to aim higher and supports me in a lot of things.

I really did feel secure and comfortable engaging in this conversation. This is someone I usually share my challenges with; hence I was open to freely share my thoughts and emotions.

I realized that I feel better and relieved sharing my challenges with someone I can trust. I got ideas and insights into what to do next after the conversation. In my effort to build resilience, I have learned that a problem shared is indeed half solved.

Yes I did. I have come to terms with the fact that I need to surround myself with supportive people who offer encouragement and understanding.

Challenge Negative Self-Talk. I have learnt to acknowledge the times that I need help and also accept that I have weaknesses too. This way, I won't be too hard on myself when things do not go as expected.

2. Creating a simple strategy that fits your lifestyle. This strategy should highlight the following.

- How many hours do you want to work/learn per week?
- Working time & Personal time.
- How will you create boundaries and avoid working in your personal time?
- Fun activities you will do during your personal time.

Answer:


In achieving a work-life balance, there is the need to set boundaries and also practice effective time management,

I want to learn for at least 30 hours a week and work for 40 hours a week.

I have my personal time each morning when I ride on public transport to work. I also have my personal time during lunch break as well. My work time would be the hours spent in the office within the designated 8 hours.

Once I get to work, I plan out the day and work towards clearing my to-do list. I will make sure not to carry any work from the office to the house. I usually do this by leaving the office laptop at the office when coming home and even over the weekend.

During my personal time, I could either meditate, read or check up on friends and loved ones, as well as watch a movie.

3.  Lydia's Sleep Hygiene Checklist.docx.pdf

4.  Lydia Delali -3 Day Meal Plan.pdf