

BUILDING RESILIENCE



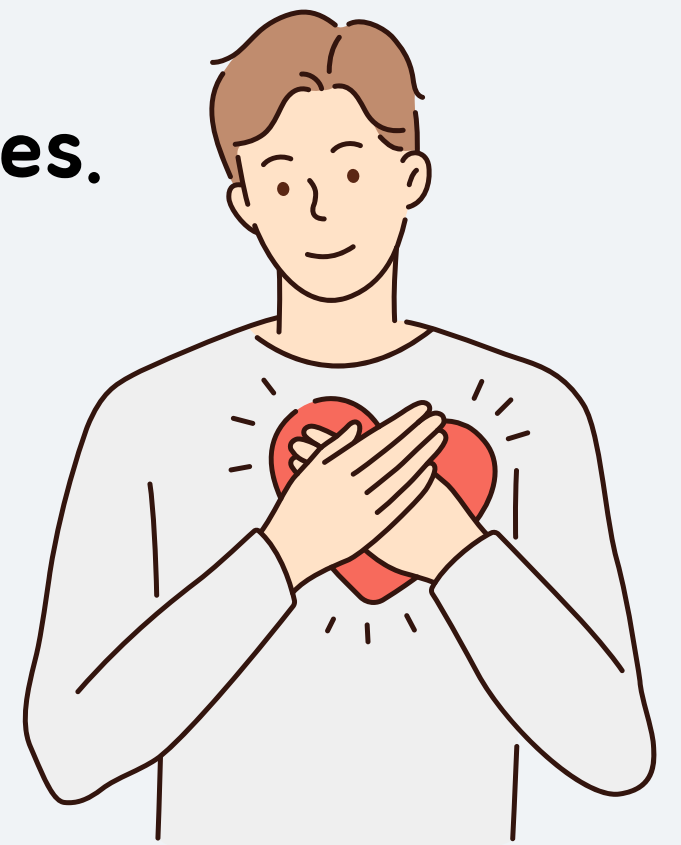
Being resilient doesn't mean experiencing no difficulty or stress at all.

It's about learning how to cope and eventually thrive despite challenging times.

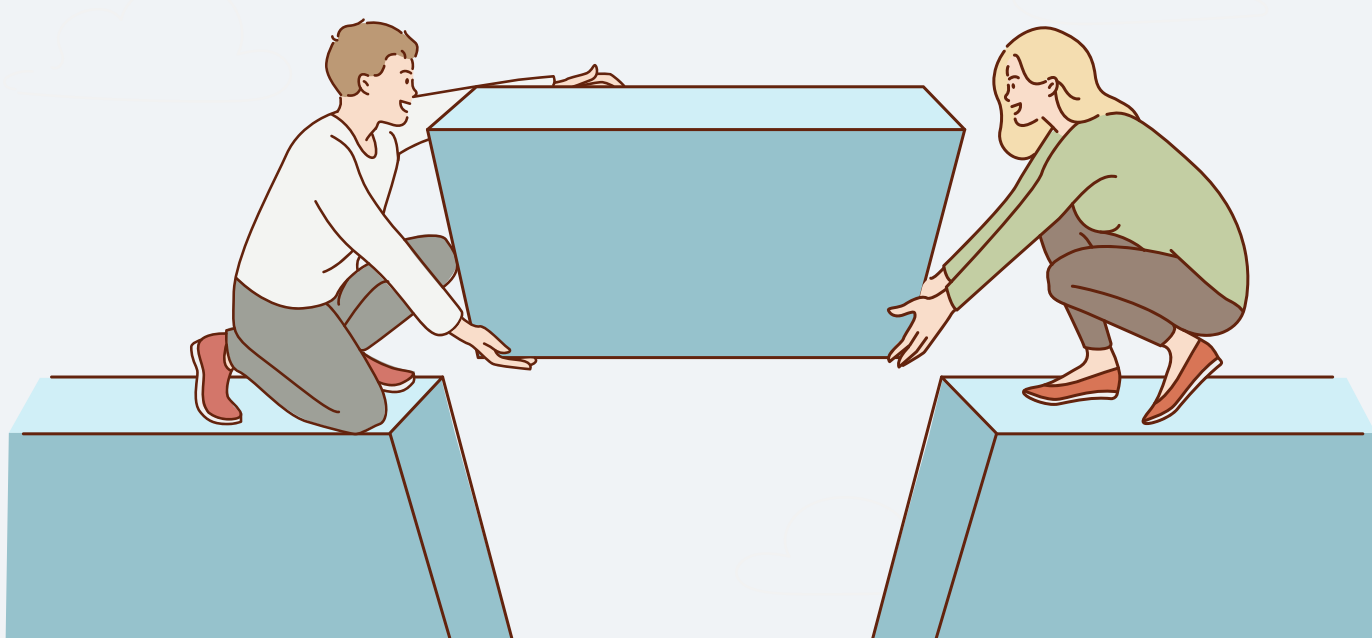
TIP 1: KNOW YOURSELF

Self-awareness is the first step to managing challenges.

By being aware of how we generally think, feel and behave when we are having a difficult time, as well as what helps us feel better, we can take active actions to prevent it from overwhelming us.



TIP 2: SEEK SOCIAL SUPPORT



Resilience is also knowing what helps us overcome challenges. One way is to reach out to others for help.

Identify people whom you trust to lend you a helping hand or listening

ear, and whose support you had found helpful. Having social support may help to buffer against the impact that challenges can have on us.

Reflect



Read more



Watch a video

