

RESILIENCE

Regular activities to help you build resilience

There is a lot of evidence that shows these activities improve your well-being and improve your resilience.

Do exercise	Try and do some form of exercise for 30 minutes. It doesn't have to be gym based – regular walking is good.
Explore nature	Appreciate the beauty of nature around you by walking in woods and parks.
Journalling	Write a diary to explore your feelings and emotions.
Practice Gratitude	Write down 3 things that you are grateful for.
Daily doses of positivity	Do something that uplifts you e.g. listen to your favourite music, watch your favourite TV shows, talking to your friends.
Practice self-compassion	Be kind to yourself, and treat yourself with kindness, avoid negative self-talk.
Surround yourself with positive influences	Be mindful of the company you keep – spend time with people who make you feel better and make you smile.
Do acts of kindness	This can be small gestures – such as smiling at your neighbour. Do something that makes someone else feel better.
Spend 10 minutes listening to well-being apps	Some excellent apps to download include; Insight Timer, Calm, Headspace and Curable. They contain a wealth of information about creating healthy habits to boost your well-being.