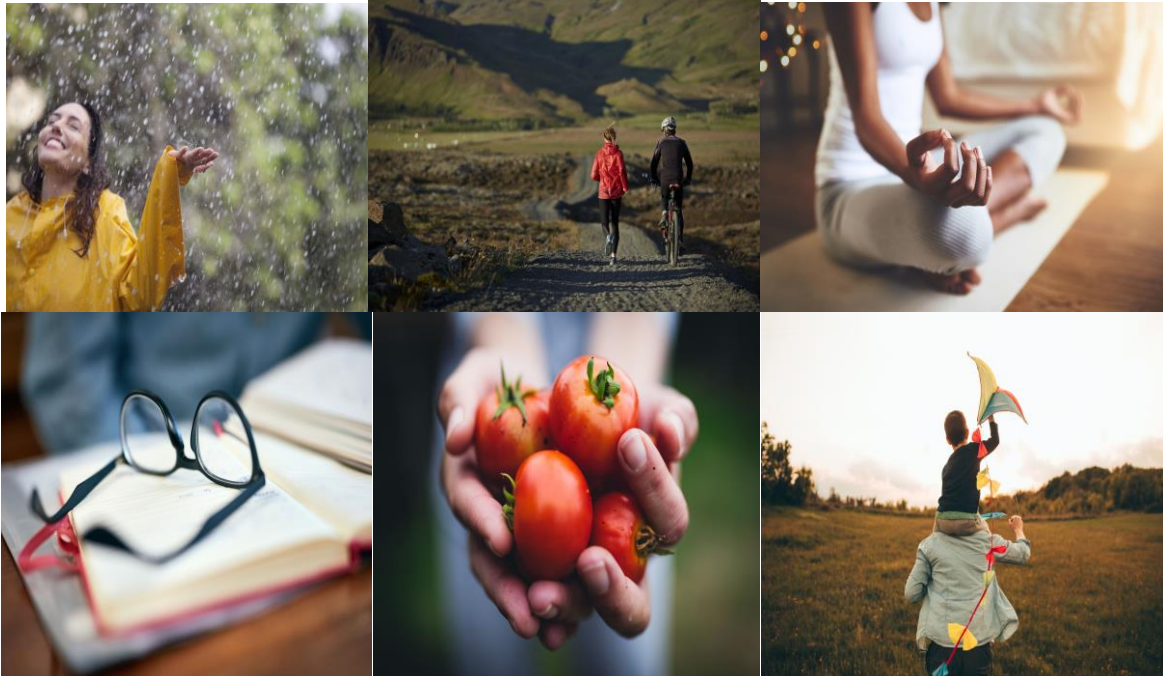


4 TIPS FOR BUILDING RESILIENCE



The pandemic has had an enormous impact on our life and will no doubt continue to have for months and years to come. Looking after our mental well-being and building resilience are important for helping us to deal with life pressures and reduce the impact of stress.

Here are 4 tips for building resilience:

1. **Accept change**

Change is not pleasant, but we can learn to cope with it. Events that are outside of our control, such as the global pandemic that we are living through right now, are the most challenging changes to adapt to. In March 2020, our normal routine was shaken up beyond recognition and life has not been the same ever since.

Instead of focusing on what we are unable to control, we can look for the opportunities in our current circumstances. What positive changes happened in your life because of the pandemic? Perhaps you were able to reflect on your life and decided to live a more meaningful and fulfilling life? Have you started an exercise regime? Maybe you were able to get all the DIY jobs done? Have you learned a new skill? Whatever it is that the pandemic brought you, focusing on the positive helps us to reframe our thoughts and get out of a negative mindset.

2. Maintain connection with friends and family

Sharing our thoughts and feelings with those we trust can help us feel less alone.

3. Take care of your body

Feeling stressed can have an impact on our immune system and mental well-being. Taking care of our body is an important part of building resilience. Eating healthy food, getting plenty of sleep, maintaining hydration and exercising can help our body to adapt to stress and reduce the impact of intense emotions.

Now is the right time to develop an exercise routine if you do not have. Start with an activity that you enjoy. Exercise for a few minutes every other day and build up your activity levels over time.

4. Practice mindfulness and meditation

Reframing our thoughts, repeating positive affirmations, and mantras helps us shift our focus from negative to positive. Writing continuously for 20 minutes about an issue exploring our thoughts and feelings can help us to gain clarity and sense of control. Meditation can help us connect with our breath, which can help us feel calmer and clearer.

Here is a simple meditation that you can follow:

1. Once you are in a comfortable, quiet place, begin to relax your body. You can close your eyes or leave them open.
2. Start to pay attention to your breathing. Notice the air moving in through your nose and out through your mouth. Allow your breath to move naturally as you observe it.
3. Follow your breath through to a full cycle from the beginning of an inhalation, where your lungs are full, back to where they are empty. Notice how it feels as you inhale and exhale.
4. Notice the rise and fall of your belly; the air moving in and out of your nostrils.
5. As thoughts and feelings arise in the form of judgments, wondering if you are doing this right, thinking about what you must do later or questioning if it is worth your time to be doing this, simply observe the thoughts without added judgment and let them go. Gently bring your attention back and focus on your breath.
6. Do this for 15 minutes a day.