

10 THINGS To master & become RESILIENT

1. ACCEPTANCE

Simply acknowledge your thoughts, emotions and your life for what they are, as they are.

2. STAY CALM

Pay attention to your emotions and learn to tolerate uncomfortable feelings.

3. BE AUTHENTIC

Be true to yourself. Express what you feel and what you want. Ask for help when you need it.

4. BE REALISTIC

Unfortunate things and situations can happen to you – to all of us. Prepare for them, and don't let the crisis steal your calm.

5. TRUST IN YOU

Believe in yourself and be optimistic about your own abilities.

6. IMPROVISE

Stay creative and improvise in crisis. See the opportunities and be flexible.

7. GRATITUDE

Focus on what you have, and don't dwell on what you've lost.

8. WORK HARD

Take responsibility for your life and work hard, but don't forget to ask for help when needed.

9. FIND PURPOSE

Look for ways to utilize yourself as best as you can. Combine what you enjoy with serving others.

10. SUPPORT

Have at least one person who cheers you on, and who you can turn to in times of difficulty.

