



What is resilience?

So, what is resilience? Resilience is the ability to recover quickly from something unpleasant without lasting negative effects.

Being resilient is something that most of us have to work on. With each experience that is difficult, we learn, and this gives us the strength to face adversity. As Friedrich Nietzsche put it 'What does not kill me makes me stronger'.

What we find challenging or unpleasant is subjective, as is our level of resilience. Everyone is different and some people are naturally much more 'thick skinned' than others. Here are our top tips to becoming more resilient.

6 top tips to being more resilient

1. Master your emotions. The most resilient people always have a positive outlook. They remind themselves that much of what they're facing is temporary, and that they've overcome setbacks before and can do it again. Focus on what you've learnt from the situation not the negativity.
2. Never stop growing. Life does not get easier or more forgiving; so we're always getting stronger and more resilient. Resilient people are constantly becoming braver and more courageous. They know that life is not what happens to us but what happens within us. To continually grow as a person and become more resilient it's important to learn new skills, try new things and push yourself out of your comfort zone from time-to-time.
3. Pick yourself up, as many times as it takes. Resilient people understand that failure is part and parcel of life. The key to being resilient and successful is to dust yourself off after every setback, adapt and never, ever quit.
4. Celebrate the small wins. Resilient people believe in themselves. They work hard and take joy in the small wins that give them strength. Why not start recording your wins to remind yourself of what you've accomplished and give yourself a quick boost in self-confidence.
5. Keep giving. Even in the toughest of times resilient people find a way to care for others, because sometimes being selfless is the best way to discover your own strength.
6. Continue to build relationships. Resilient people maintain strong and supportive relationships, both personal and professional. As a result, they have caring, supportive people around them in times of crisis.

Tip of the month:
Make writing a to-do list a habit

Making time to write a to-do list at the end of each day helps us to stay in control of our workload and reduce stress. This is particularly important on a Friday to ensure that important tasks don't fall by the wayside and add unnecessary pressure to the forthcoming working week.

Resilience checklist

To be able to deal with life's challenges and pressures it's important that we look after our physical and mental health, after all our health is the foundation to being resilient. Here's a quick checklist to ensure you're looking after your body on a daily basis:



Sleep

- Adequate rest and sleep is critical to sufficient recovery both physically and mentally.
- It's recommended that adults aim to sleep between 7-9 each day for optimal recovery.



Exercise

- Exercise isn't just great for our physical health and reducing the risk of chronic disease but also for our mental health.
- It's recommended that adults complete 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week.



Drink

- Drinking water is often overlooked as a necessary part of staying healthy. The body and blood are largely made of water, and so we need a lot of fluid to function.
- It's recommended that adults drink 6-8 glasses of water and other liquids each day to replace normal water loss



Food

- Vitamins and minerals are essential to our diet and help to keep our bones strong, heal wounds and bolster our immune system.
- It's recommended that adults eat a minimum of 400g of fruit and veg each day. This equates to 5 portions of 80g.

Quote of the month:

“ I can be changed by what happens to me, but I refuse to be reduced by it. ”

Maya Angelou

Food of the month: Dark Chocolate

Who said healthy eating was hard work? Dark chocolate can reduce stress in two ways – via its chemical impact and its emotional impact. Dark chocolate is rich in antioxidants which can help to reduce stress by lowering levels of stress hormones in the body. Generally lower in sugar, enjoying a square or two of dark chocolate a day is a guilt free way to stave off 'chocolate binges' and combat stress.