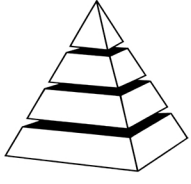


Know your priority



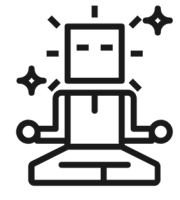
Know your personal life priorities

Tune out / Turn off



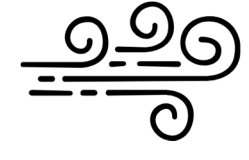
Give yourself a break from the urgent

Be Present



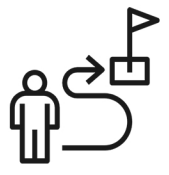
Learn to live in the present

Don't Panic



Recognise difficult situations
Have a strategy

Purpose



Be clear about your purpose
What is your why?

My personal resilience plan

1 _____

2 _____

3 _____

Social



Connect with people
Share and listen

Focus on solutions



Spend more time focused on solutions than problems

Look after yourself



Invest in you
Eat well, sleep well, exercise

Be kind to you



Gratitude & Forgiveness
are really all about you

Grow and Learn



Adopt a growth mindset
Learn something everyday