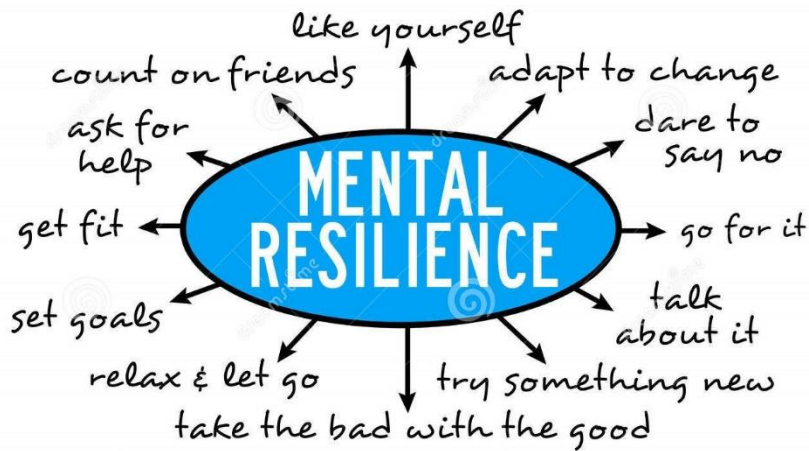


# RESILIENCE



## TAKE CARE



OF YOURSELF

## 7 WAYS TO BOOST RESILIENCE

### AT WORK

by @inner\_drive | www.innerdrive.co.uk

- 1 BE AUTHENTIC**  
Know your values, develop your strengths and emotional intelligence
- 2 FIND YOUR CALLING**  
Do work that really matters
- 3 MAINTAIN PERSPECTIVE**  
Learn from setbacks, focus on solutions, manage negative thinking
- 4 MANAGE STRESS**  
Find a work-life balance and find time to relax
- 5 WORK WITH YOUR COLLEAGUES**  
Seek feedback and advice as well as supporting others
- 6 STAY HEALTHY**  
Do physical activity and have a balanced diet
- 7 BUILD NETWORKS**  
Use the social support available to you both in and outside of work

Breathe.  
Smile.  
Let it go.

Respect Self-awareness Empathy Relationships Respect Self-awareness Emp



In the brain, resiliency is about managing the flow of emotions that accompany a negative event so that you can return to a positive mental state. There are actually neurophysiological differences in resilient people's brains that help them better handle emotional storms.

**BEST**

Bringing Empowered Students Together