**Top tips to build resilience**

Resilience is your ability to “bounce back” from challenges or difficult experiences. Being more resilient means you have a healthy mindset, prioritise positive thoughts, have strong connections with other people and a sense of purpose.

Resilience also helps you to stay focused and productive in tough times, and feel more confident in your problem-solving abilities – perks that help in both your private and professional life.

**Our top tips to build resilience:**

1. **Be optimistic.** Accept that things change and keep positive that everything will work out.
2. [**Laugh!**](https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm) Find ways to enjoy life and never lose your sense of humour.
3. **Explore** your purpose**.** Discover why you are here and what brings meaning to your life.
4. **Practice gratitude.** Be thankful for the people and experiences around you.
5. **Set goals**. Aim to do and achieve things that give you a sense of accomplishment.
6. **Adopt healthy habits.** Exercise, eating well and good sleep help us to become more resilient.
7. **Build a strong network.** Friends and family are a great support when you do face adversity.

The good news? You can learn skills to become a more resilient person. And by practising these actions and attitudes, you’ll strengthen your ability to bounce back from life’s challenges, quicker and stronger.