

Self-care

Looking after yourself is crucial for building resilience. Try focussing on these areas:

Improving your [sleeping pattern](#)

Practising [self-compassion](#)

Getting the right [nutrition](#)

Connection

[Staying connected](#) with others can help us build resilience. Try using the following tools:

[Social media and video calling](#)

[Staying connected infographic](#)

Starting [conversations](#)

Four elements of resilience

Attitude

Your mental attitude to situations can hugely impact your resilience.

Try the following resources:

[E-learning on coping and resilience](#)

Using a [gratitude journal](#)

Trying the [ABCDE model](#)

Purpose

Having a sense of meaning can help us to stay grounded. The following actions may help:

[Learning a new skill or hobby](#)

[Creating goals for ourselves](#)

[Helping others](#)

Self-care

I will look after myself by...

Connection

I will connect with others by...

Four elements of resilience

Attitude

I will nurture a positive
mental attitude by...

Purpose

I can create a sense of
purpose for myself by...