**Self-care**
Looking after yourself is crucial for building resilience. Try focusing 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

**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**

For additional information on resilience, take a look at [bit.ly/uomresilience](http://bit.ly/uomresilience)
Four elements of resilience

Self-care
I will look after myself by...

Connection
I will connect with others by...

Attitude
I will nurture a positive mental attitude by...

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