

Think

Clearer

Top tips to help you build your resilience.

1. Spend more time with family and friends
2. Accept and ask for support when you need it
3. Develop a more positive thinking style
4. Manage your time better
5. Take time to do things you enjoy and to relax
6. Know your limitations
7. Prioritise your sleep
8. Get regular exercise
9. Fuel your body – eat a healthy, balanced diet
10. Avoid using stimulants to cope with pressure e.g. sugar, caffeine