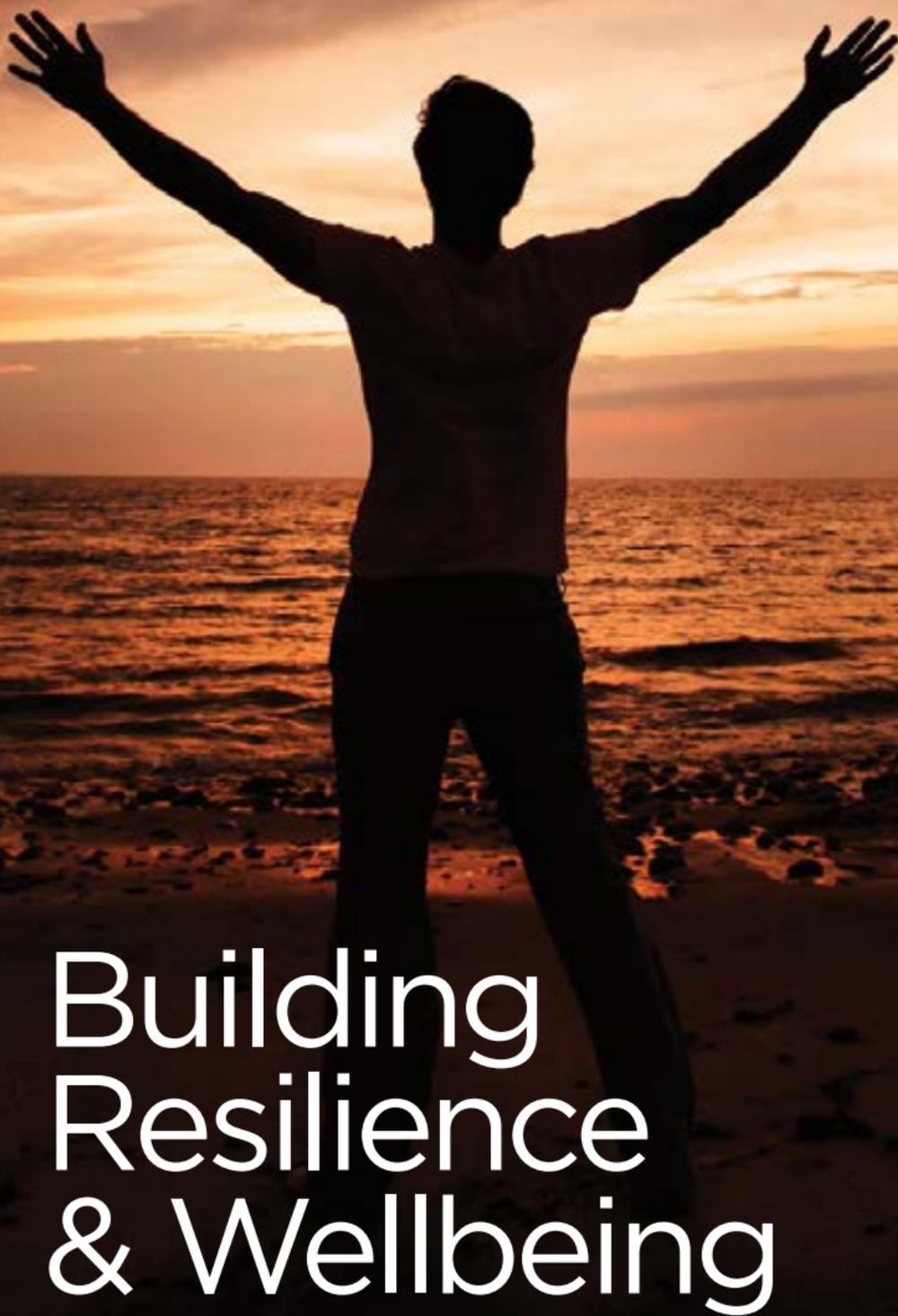




Mental Health
Ireland



Building Resilience & Wellbeing

www.mentalhealthireland.ie

To be emotionally resilient means having the ability to cope with a difficult or stressful time.

Ten Tips to Build Resilience and Wellbeing:

1. Stay Connected.

Nurture relationships with friends and family. When you're going through a hard time, don't withdraw from others. Accept help from those who care about you.

2. Have a Sense of Purpose.

Do things that bring meaning to your life. Create a life that feels good on the inside not one that just looks good on the outside.

3. Learn Healthy Habits.

You'll manage stressful times better if you:

- Exercise regularly
- Eat a balanced diet
- Take time to rest

4. Believe in Yourself.

Recognise your personal strengths and build on the positives. Take pride in your abilities and what you've done.

5. Laugh Often.

Hold on to your sense of humour even when times are tough. Laughter relieves stress and helps you keep things in check.

People do not respond in the same way to traumatic and stressful life events.

Developing resilience is a personal journey.

Resilience involves maintaining flexibility and balance in your life as you deal with stressful circumstances.

Step forward and deal with your problems and meet the demands of daily living, and also step back to rest and reenergise yourself.

6. Express your emotions.

Make sure you have outlets to express your emotions and let go of tension. Focus on what you can control, acknowledging that change/difficulties are part of life.

- Meditate
- Write in a journal
- Talk with a friend or counsellor

7. Be Optimistic.

A positive, hopeful outlook will make you much more resilient. Many of the problems you'll face in life are temporary; you have overcome setbacks in the past and you will overcome them again.

8. Keep Perspective.

This too shall pass. Try not to get stressed about the elements you can't control focusing only on the elements you can.

9. Be imperfect.

Accept and work with your flaws and imperfections - everyone has them! Be true to yourself and aim to do your best.

10. Learn lessons.

Let go of asking "why me?" and instead focus on the positive lessons you can learn from your experience.

RESILIENCE

Reflect on your values

Everybody has setbacks

Stay connected

Invest in yourself

Learn healthy habits

Identify your strengths

Engage with kindness

Nurture friendships

Compassion heals

Express gratitude

Support is available from the Samaritans

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