



# 6 KEYS TO RESILIENCE

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## DEVELOP SUPPORTIVE RELATIONSHIPS

Strong, supportive relationships are vital as human beings we are wired to connect. Strong friendships in our personal and work life make us more resilient as we have a strong network to fall back on.



## FOSTER AN ATTITUDE OF GRATITUDE

Taking the time to develop an attitude of gratitude can build a kind of psychological immune system, making us more resilient to stress. Gratitude provides a perspective from which we can look at our entire life and not be overwhelmed by temporary circumstances.

## DEVELOP EMPATHY

By tuning in and almost physically experiencing what another may be going through, you will have the closest chance to understand the other person and experience true empathetic connection. Empathy is a key asset needed in today's world to thrive, not just survive.



## REFRAME THE SCRIPT

Externalising our thoughts, values, and beliefs can assist us in gaining new insights. By confronting and writing about ideas and events, one at a time, we can gain new perspectives, therefore craft our own narrative. This process gives us a sense of control and can help us glean the lessons and the upside of the experience.

## SPARK YOUR MOTIVATION

Many people think of motivation as the thing they are good at doing, but it's more than that. It is that the thing you enjoy; that gives you a pep in your step. Motivation overlays energy on any skill: it's the fuel to succeed and exceed. It's the force behind us, driving what we know and learn.



## CONFRONT YOUR FEARS

The more we avoid facing what we fear, the bigger the fear grows. As we are more exposed to what we fear, our association with it starts to change. By confronting what scares us, we build up our resilience to fear by inviting in opportunities and situations that could enrich our lives and others.

