

# Build your resilience



Here are some questions for you to consider. If you're not happy with your answers what actions can you take to help in that area?

## Consider your physical health

Keep exercising?  
Are you sleeping?  
Are you eating well?  
Are you drinking enough?

## Keep things in perspective

Do you focus on things in your circle of control?  
Do you recognise and track everything you have done?  
Do you celebrate success?  
Are you solution focused?

## Know your purpose, values & strengths

Do you have a sense of your purpose?  
What values are important to you?  
How do you use your character strengths at work?

## Connect

How are you using your support networks?  
How do you fit into other people's support networks?  
Are your support networks mutually beneficial?

## Enhance your emotional intelligence

Do you recognise how situations make you feel?  
Can you label and appropriately express your emotions?  
Can you change your mood when you need to?