RESILIENCE FACTORS

1. PRACTICE POSITIVE THINKING
   - Accept that some things are beyond your control. Stay optimistic and focus on what you can change, rather than what you can't.

2. TAKE CHARGE
   - Adversity makes you stronger.
   - Resilient people choose to respond to challenges positively, to find meaning and purpose in their lives.

3. MANAGE YOUR HEALTH
   - Resilient people are resourceful – they have a network of family and friends who are among their most important resources.

4. LEARN FROM FAILURE
   - Everyone experiences stress and setbacks. Resilience is a skill you can learn and develop over time.

5. KEEP A SENSE OF PERSPECTIVE
   - It's not adversity that makes people strong – it's the process of struggling, learning and persevering.

6. BE FLEXIBLE AND ADAPTABLE
   - Resilient people are able to adapt and manage uncertainty, solve problems, see things from a different point of view, and solve problems.

7. SEEK NEW CHALLENGES
   - Put yourself forward for new projects or tasks. This helps you develop coping strategies for different situations, and grow.

8. BE KIND TO YOURSELF
   - When the going gets tough, take a deep breath, reflect on what could have gone better and move on.

9. KNOW YOUR LIMITATIONS
   - Know your strengths, your weaknesses, your limitations. Be self-aware:
     - Understand why you can do it
     - Understand how you can do it

10. USE OTHERS
    - Family and friends are among your most important resources. Don't need help? Be prepared to ask for it.

11. DEVELOP COPING STRATEGIES
    - RESILIENCE IS: the process of adapting well in the face of adversity, trauma, significant sources of stress.