

## Five ways to build resilience

Have you ever heard people say, "Think positive. Get your head in the game. Have a healthy attitude"?

What does it even mean?

To explain, let's take something we all know, like a phone.

They're getting smarter, just like you. And as the adverts keep telling us, everything about them is connected, which is true.

Everything is connected.

Your physical, your mental, and your emotional health and wellbeing, all of them affecting each other and affecting you.

Life's about finding balance. But how do we even do that?

Well, the first bit's obvious, you've got to have charge.

Sleep is essential for your body and brain to rest, regulate and repair, about nine hours to be properly charged up.

Good morning.

Next up, a phone is meant to be used for communication.

Sharing.

Sharing and talking, help staying connected.

We're the same. Life's so much better when we're connected to our friends, family, and community.

Your attitude will also improve when you learn and achieve new things.

Set yourself a goal. Be faster, jump higher, expand your grasp of a new subject, or master the art of pancake flipping.

There you go.

You'll surprise yourself with what you can do and the feeling of reaching your goal, like the tastiest pancakes.

When it comes to your emotions, don't repress it, express it.

Get creative and explore those feelings through art, music, whatever. If it all gets too much, remember to be present in the moment.

Shut off and be free of some distractions, take some time to just be.

So when you put it all together, getting your charge, staying connected, setting goals, expressing yourself and knowing when to take time out, you'll find that you're a lot more protected against the bumps and knocks of life, so you can carry on being awesome.

Hey.