

ROAD TO RESILIENCE



“ **SHAPING AN
ADAPTABLE
MINDSET WITH
HOPE**

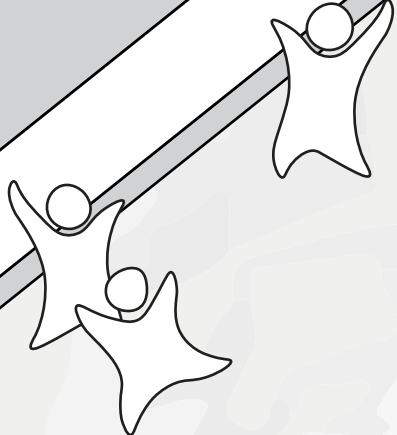
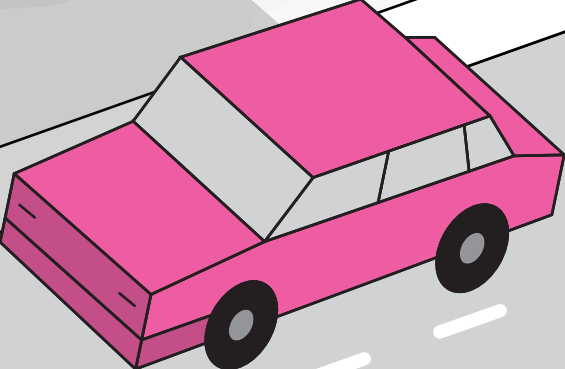
Resilience is our capacity or ability to recover from life's challenges. It is our mental toughness that we develop to overcome stress and situations resulting from change, crisis, adversity, trauma, and personal loss. What matters most is how we embrace our experiences!

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**WE WILL
GET THERE!**



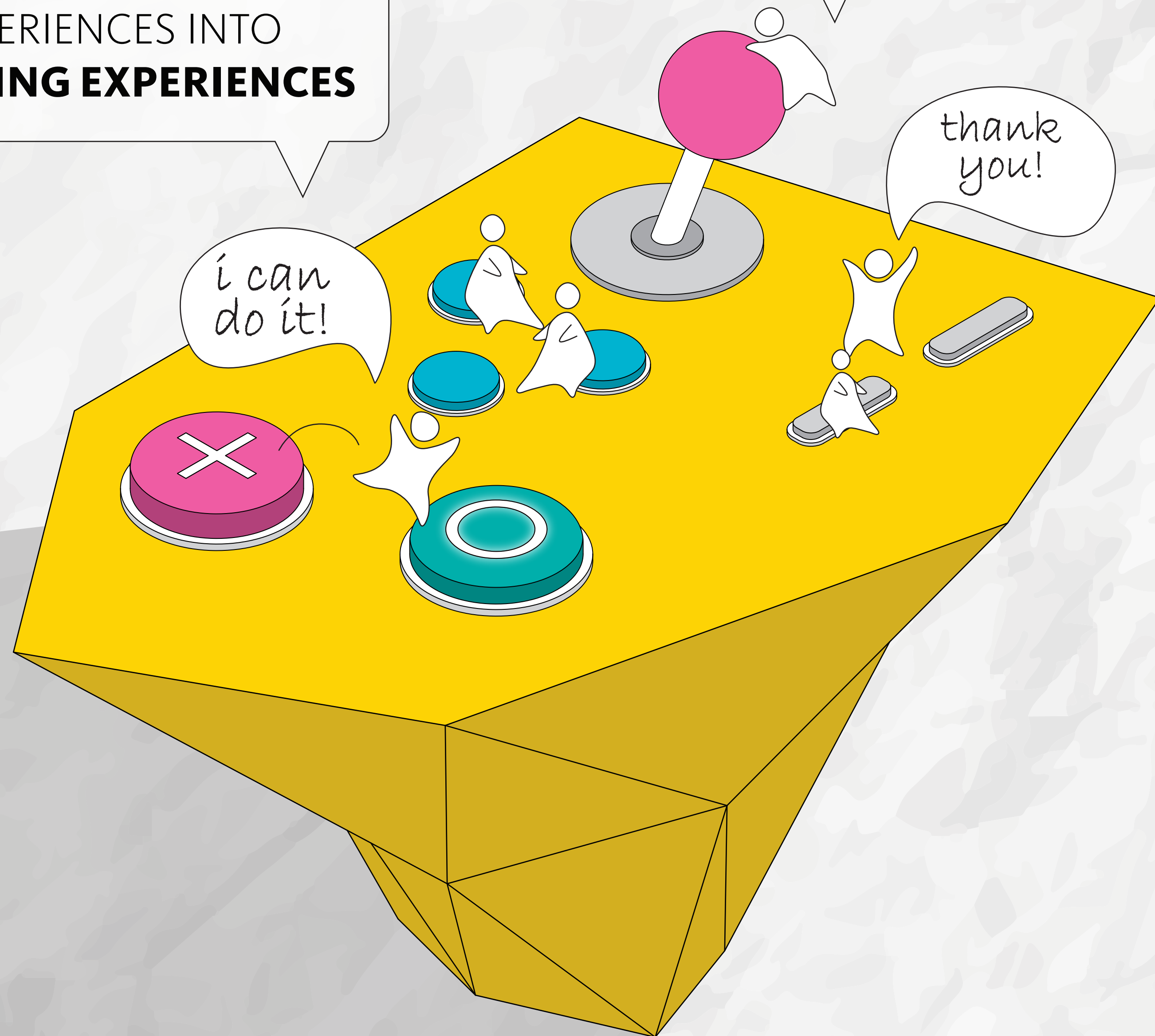
ROAD TO RESILIENCE

RESILIENCE

MIND OUR MINDSET

TURN NEGATIVE
EXPERIENCES INTO
LEARNING EXPERIENCES

DETERMINE WHAT
YOU CAN **CONTROL**



MIND OUR MINDSET

DETERMINE WHAT YOU CAN CONTROL

You can't control all external events/factors, or how someone else behaves, but you can control how you react.

TURN NEGATIVE EXPERIENCES INTO LEARNING EXPERIENCES

Acknowledge your feelings and recognise that adversity or failure is part of growth; choose to adopt a hopeful outlook.



DEVELOP YOUR WELLNESS TOOLBOX

EXPRESS GRATITUDE

Reflect on at least 3 things on a daily basis on what you've done well, what's going well for you, what/who you feel thankful for or simply what made you feel positive. Enhance this benefit by writing these down in a journal.

POSITIVE SELF TALK

Think of personal affirmative phrases you can use to remind yourself to either take action or to calm down –

“I can manage this emotion”,

“I can handle it, just like I've handled ...” or

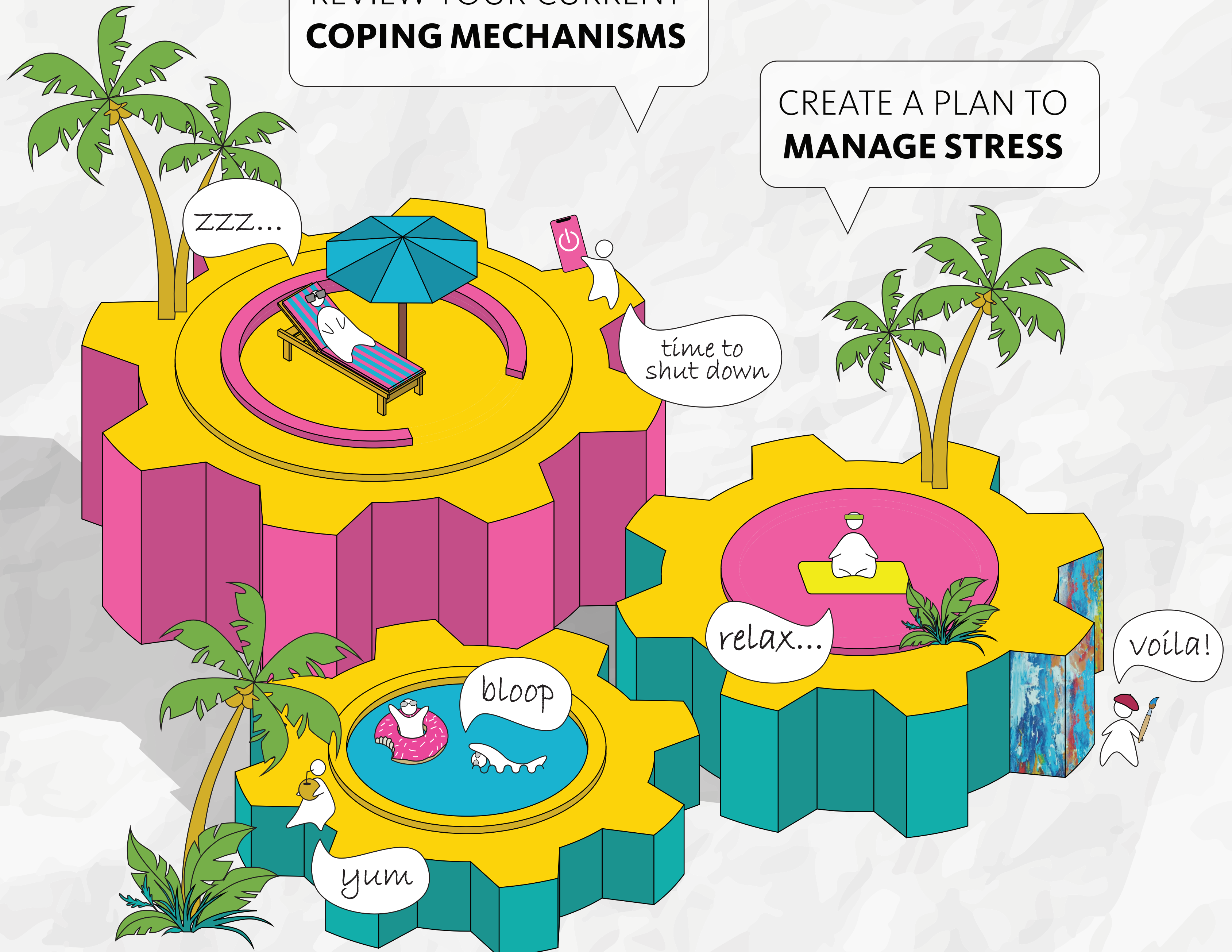
“I will do my best”.

RESILIENCE

PRACTICE SELF-CARE

REVIEW YOUR CURRENT
COPING MECHANISMS

CREATE A PLAN TO
MANAGE STRESS



PRACTISE SELF-CARE

REVIEW YOUR CURRENT COPING MECHANISMS

Recognise what has helped you cope with past challenging situations or how you have been coping to date.

What tools and strategies have you found helpful? What things are you doing that are not helpful? Make any necessary changes to increase your ability to cope.

CREATE A PLAN TO MANAGE YOUR STRESS

Identify your sources of stress in your life, these could extend beyond life situations and may stem from your current habits, attitude and beliefs (i.e. perfectionistic).

Take care of yourself — we need to be healthy in order to meet life's challenges. This includes not just our physical health but mental health too.



DEVELOP YOUR WELLNESS TOOLBOX

EXERCISE – try to incorporate 30 minutes of physical activity every day; leverage on online exercise videos and apps for inspiration.

CREATIVITY / HOBBY – develop creative pursuits that you enjoy on a regular basis.

DIET – be mindful of what food is fuelling your body.

RELAXATION TECHNIQUES – find somewhere to practice being calm each day.

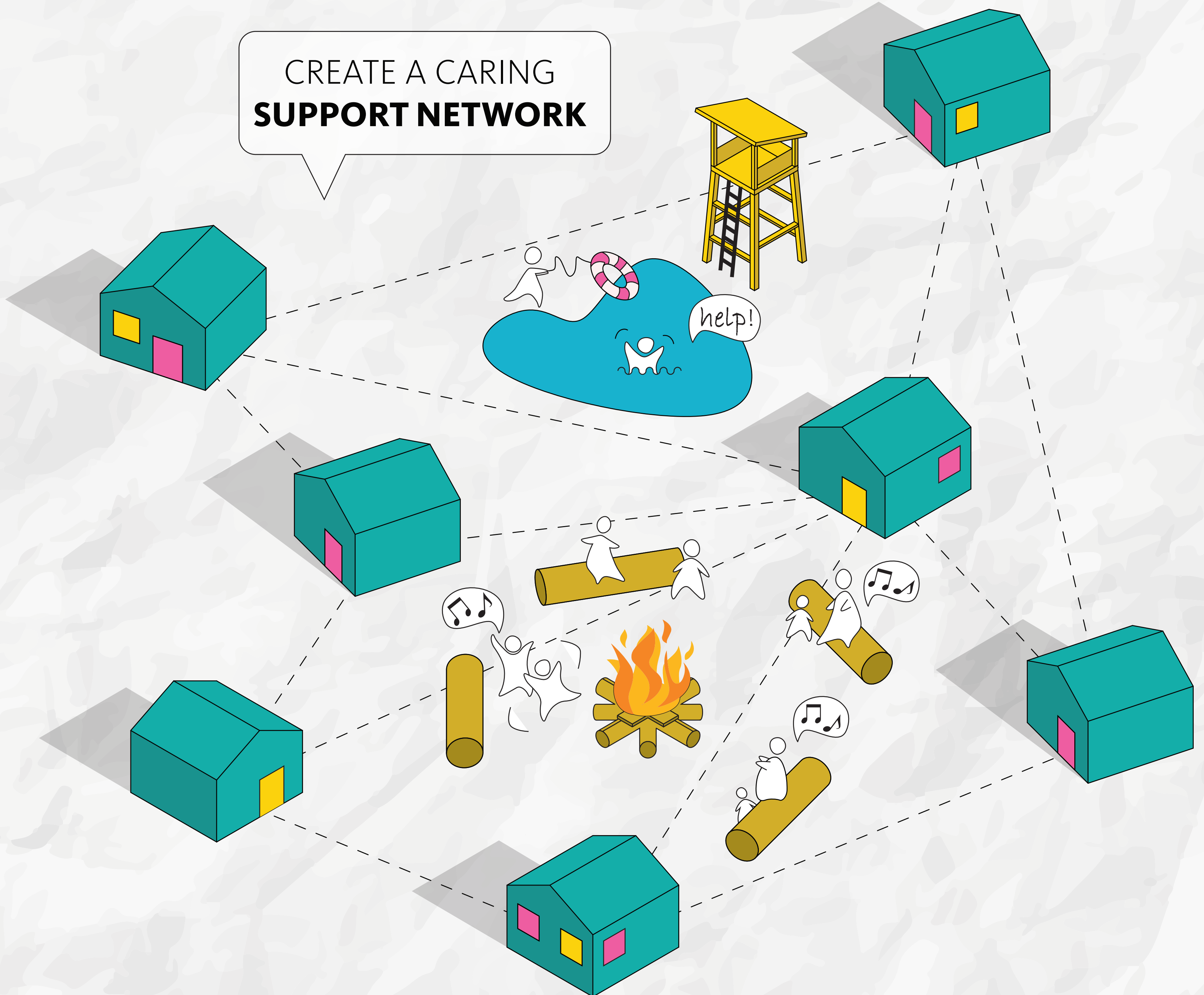
SLEEP – good quality sleep is one of the most powerful ways to reduce stress while increasing energy, memory and learning.

TECHNOLOGY – use technology in healthy ways by finding time each day to disconnect.

RESILIENCE

CONNECT TO COMMUNICATE

CREATE A CARING
SUPPORT NETWORK



CONNECT TO COMMUNICATE

CREATE A CARING SUPPORT NETWORK

Show and receive care towards friends, family by talking and keeping in touch on a regular basis. It can foster a sense of hope, purpose and meaning.



DEVELOP YOUR WELLNESS TOOLBOX

COMMUNITY ENGAGEMENT

Consider being active in civic groups, faith-based organizations or other local groups.

REACH OUT FOR SUPPORT

Recognise the need to gain support from services in the community (i.e. access counselling services for self or for loved ones).

Don't hesitate to reach out if you need emotional
or psychological support

Singapore Association for Mental Health
(Toll-free Helpline) : 1800-283-7019

National Care Hotline: 1800-202-6868

