

Building Personal Resilience

Resilience doesn't mean having to be strong all the time — it's about how we adapt, recover, and continue in the face of life's ups and downs. It's not something you either have or don't; it's something we can build over time. Developing resilience helps us to stay grounded when things feel uncertain, and to bounce back more confidently after challenges or setbacks. It's often about the small choices we make each day — to pause, reflect, connect, and keep moving forward, even if just one step at a time. These tips are here to help you explore what resilience might look like in your own life and how to strengthen it in a way that feels manageable and real. This resource is part of our **Mental Health Matters Toolkit**.

- ✓ **Take Time to Reflect and Breathe** - make this a daily habit, even five minutes a day can make a difference.

Making space to slow down, even for a few minutes, can help you refocus and stop overwhelm from building. Breathing deeply and checking in with yourself can reset your day and give you clarity when things feel out of control.

- ✓ **Learn From What You've Been Through** - remember that you've already got resilience skills, perhaps they just need to be tweaked or refined for this moment.

Think about what past challenges have taught you — even the tough ones. Reflecting on how you've coped before helps remind you of your strength and can guide your next steps forward.

- ✓ **Ask for Help When You Need It** - we ask for help in other elements of our life to make our day easier, learning a new skill, decorating a room, lifting a heavy item. Normalise asking for help for your wellbeing.

Resilience doesn't mean doing it all alone. Opening up to someone you trust or accessing professional support (like talking therapy) can help lighten the load and remind you that support is a strength, not a weakness.

- ✓ **Find the Fun in the Everyday** - making time for joy, humour or play — even in small ways — can boost your mood and energy.

Whether it's music, a hobby, or being silly with someone close to you, fun helps you stay mentally flexible and emotionally lifted.

- ✓ **Build a Supportive Circle** - know who to go to and when. Create a list of your trusted people and ask them 'if i needed support with this, could I come to you'.

Surround yourself with people who lift you up, listen without judgement, and remind you of your worth. Being part of groups — like employee networks or community spaces — can help you feel seen and understood.

- ✓ **Keep Perspective** - Focus on what you can control as it's energy zapping attempting to control that which you can't.

When life feels overwhelming, it helps to break things down and focus on what's within your reach. Letting go of what you can't change frees up energy to take action where it matters.

- ✓ **Do Little Things That Refill Your Cup** - refer back to your list of joys and the things you find fun and build this into your day.

Whether it's being in nature, enjoying a cup of tea, or listening to birdsong — doing small, meaningful things regularly helps top up your emotional energy and keeps you going through tougher days.

- ✓ **Be Kind to Yourself, Especially on Hard Days** - be gentle with yourself when things aren't going to plan. Focus on growth and moving forward.

Practise self-compassion. Talk to yourself like you would to a friend — especially when things go wrong. Everyone makes mistakes; what matters is how you respond and care for yourself after.

- ✓ **Keep Showing Up** - in ways that you can and perhaps let others know that today you're not going to be at your best, but you'll do your best.

Some days won't feel easy — but doing what you can, with what you've got, still counts. Consistency, not perfection, helps build emotional strength over time.

- ✓ **Operate with a Congratulatory Mindset** - keep a list of the things you achieve and look back over this at the end of the day, week or month.

Noticing and naming even your tiniest achievements — getting out of bed, asking for help, finishing a task — helps build confidence. Progress isn't always loud, but it matters.

In today's society, resilience is increasingly recognised as essential due to the fast pace, uncertainty, and constant change we all face. It's not about always appearing strong, but about being able to adapt, cope, and continue moving forward despite setbacks or stressful situations. Skills such as asking for help, reflecting on past experiences, and focusing energy on aspects we can control have become particularly important, helping people maintain their wellbeing amid pressures from work, personal lives, and global issues.

Building resilience also involves actively seeking out joy, support, and connection. Small daily practices like making time for relaxation, engaging in activities we genuinely enjoy, and nurturing supportive relationships help strengthen emotional resilience. As society increasingly values openness around mental health, recognising that resilience includes self-compassion, celebrating small wins, and consistently doing our best—even on challenging days—has become crucial to sustaining overall mental and emotional health.

Need to talk to someone? Click [here](#) to access a range of support that's right for you.