

WHY BUILD YOUR RESILIENCE?

Developing a greater level of resilience doesn't stop difficult or stressful things from happening, but it can reduce the impact these events have on our lives and the time taken to recover from them. Being resilient does not mean ignoring your emotions or feelings, but rather experiencing grief, sadness, disappointment or anger whilst maintaining perspective and continuing on with life with a sense of hope.



We all experience challenges and disappointments at some point in our lives. Most of us will encounter relationship problems, health issues, financial stresses, work worries, or bereavement. Even wealth can't protect us from trauma and tragedy — but resilience does. More importantly, resilience is not a trait that people either have or do not have. It involves behaviours, thoughts, and actions that can be learned and developed in anyone.



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**“Our greatest glory is not in never falling,
but in rising every time we fall.”**
-Confucius

Information Source:
Mental Health Association NSW Inc.
www.mentalhealth.asn.au

BUILDING RESILIENCE



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Building Resilience is developing individual strengths and abilities to “bounce back” from challenges and setbacks that life presents us with. It involves being able to adapt to changes, drawing on both our own strengths and the available social resources to assist us during times of stress.



“The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun.”
Napoleon Hill (1883-1970)



Mental Health Ireland
Supporting Positive Mental Health

TEN TIPS TO BUILD YOUR RESILIENCE

1. Have the courage to be imperfect.

Try to aim for “not bad at all” or “really quite good” instead of “perfect”.

2. Take time for yourself.

Allow yourself time to do things that you enjoy. If you create boundaries around your time, and stick to them, others will respect them.



3. Sign up for that course, join that club.

Getting involved in community activities can create skills and boost your physical and mental wellbeing.

4. Be active every day in as many ways as you can. Being physically healthy is an important foundation for your resilience. See www.getirelandactive.ie



5. Spend time with people who make you feel good.

Having supportive relationships is a key factor in resilience. Good friendships are as important as romantic and family relationships.



TEN TIPS TO BUILD YOUR RESILIENCE

6. Laugh out loud each day.

Laughing reduces stress levels, so look for opportunities to introduce some humour into your day.



7. Get your ZZzz's.

You will feel more resilient and able to handle the stresses of the day when you've had a good night's sleep. Go to bed earlier and learn some tips on how to improve the quality of your sleep.

8. It's all about team work! Tackle difficult tasks first, learn to ask for help and accept all offers.

9. Remember, this too shall pass.

Keep things in perspective. Avoid being overly negative about things. Try and focus on the things you can control.

10. Talk out your troubles.

If you let friends and family know when times are tough, they may be able to provide a range of support. This could include listening, advice or providing practical support. Sometimes you may need to talk to a professional.



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SIGN UP... For a course

Maintaining an interest is considered one of the foundations of our wellbeing. Learning can be formal or informal.



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Seeking help early can prevent an issue from getting worse and help you bounce back to your life more quickly. You might find it useful to connect with other networks in your area, such as support groups or family and friends.



GET INVOLVED...

Volunteering is an excellent way to get more involved with and help out your local community, It increases social connectedness, quality of life and wellbeing. This is especially true for older people.