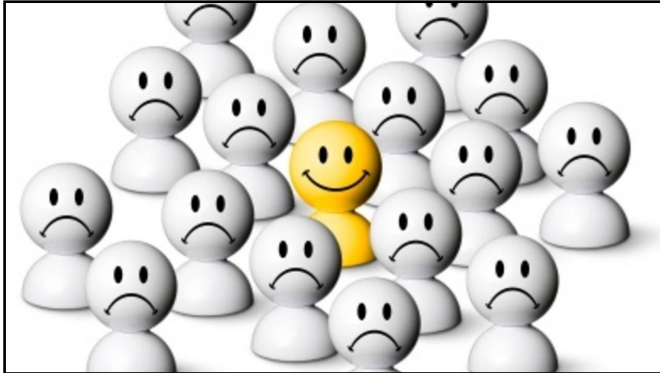


**Creating possibilities to become EXTRAORDINARY!**



**POSITIVITY MATTERS!  
10 WAYS TO BOOST  
PERSONAL RESILIENCY**

1. **ACCEPT CHANGE** Find ways to become more comfortable with change. Accept what you cannot change and focus on what you can.
2. **CONTINUE LEARNING** Learn new skills, gain new understanding and apply them in times of change. Reframe how you see your skills, talents and interests. Take charge of your own career and your own development.
3. **FOCUS ON YOUR STRENGTHS** Write your own personal mission statement to express what you value, your aspirations and long term goals. Find your sense of purpose. Do something every day that has real meaning for you.
4. **TAKE CARE OF YOU** Form your identity apart from your job. Look for opportunities of self-discovery. Be kind to yourself, be kind to others. Nurture a positive view of yourself. Reflect – Reflection fosters learning, new perspectives and self-awareness.
5. **BUILD RELATIONSHIPS** Develop and nurture a broad network of personal and professional relationships. Keep strong connections to significant people. Maintain and build positive and personal connections. Ask for help, even when it feels awkward.

6. **DON'T SWEAT THE SMALL STUFF** Keep things in perspective, it's not always about you. Subject any worries to the chip paper test – how important will it be tomorrow, next week or in 6 months?
7. **MANAGE YOUR ENERGY** Exercise regularly and get enough sleep. Maintain a daily routine. Take regular breaks. Promote a balanced lifestyle. Mindfulness is a useful technique for relaxation.
8. **SHOW GRATITUDE** Focus on the good things that are happening every day in your life. Maintain an attitude of grateful openness about the world, and an appreciation for the people who surround you.
9. **HELP OTHERS** Being intentional about helping others can lead to better mental health and reduce stress. Help others, especially when you are also struggling.
10. **BE POSITIVE** Choose joy, especially in the face of disappointment. Challenge your negative thinking. Embrace the detours in your life; they may lead you to a new and better destination. Persevere but remain open minded and flexible.

***Stay positive and have fun  
in the workplace!***

