

# Resilience

Resilience is not primarily about strength and solidity, rather it's about our ability to recover from setbacks. Covid-19 has thrown us all into a tailspin, but resilient people keep their heads up and move forward with renewed energy and determination, having learned from the experience.



Here are some helpful thoughts:

- Who are you able to count on for protection and support? Recognising we have others who are there for us enables us to bounce back quicker and stronger.
- Manage carefully where you spend your energy. If there are too many plates spinning let a few drop!
- Refresh yourself. Both our immune system and our overall functioning go into decline when we're fatigued. Find time to recharge your batteries.
- Keep a sense of perspective. You can't calm the storm, but you can stay calm in the storm. We will get through this, and we all need encouraging messages.