

How to Build Your Resilience for Self Care

Mindful Movement

Get up and move your body- even shake your body to remove excess tension. Walk around and gently stretch to get the blood flowing.



Practicing Daily Habits

Build in daily habits and routines to support yourself so that when it's busy you automatically do them anyway without thinking.



Build Support Networks

Working long hours means it's important to have a social/business network to let off steam and get ideas about new ways to look at it



I Have Support

I Listen to My Needs

Deep Listening

Listen to what your mind and body are telling you about when to start and stop work. Taking a break gives you time to refresh and to reflect on different things.



Self Care

I've Got This

I Am Focused

Clearing Negative Thoughts

It can be hard to quieten the voices in your head that say you can't do things/ or you are doing them wrong. It's important to just keep going, to keep moving forward and to learn from taking slow & steady action steps to your goals.



Things Will Work Out

Focus on Your Why

Having a clear Purpose, your 'Why', can get you through whatever it takes to grow & build your career. And when times are tough, Focusing on Your Why is even more critical in supporting you to get through those challenges to thrive.

