

WELLBEING TIPS



RESILIENCE

“Resilience isn’t about having the strength to move obstacles out of the way, it’s about having the strength to keep going if the obstacles won’t move.”

Dean Burnett, Neuroscientist and author

Resilience isn’t about breezing through hard times with a permanent smile and finding it easy. We can accept something is happening or has happened without having to like it.

Resilience is about coping, managing, getting through something.

It doesn’t mean it can’t be difficult or that we can’t feel despair or pain – we just don’t give in or give up. Seeking help or support can help us to be resilient and is a sign of strength not weakness.