



Mental well-being and resilience



Follow reliable sources related to COVID-19 for a limited amount of time.
Dedicate other time to programmes that are enjoyable and can help you to relax and be positive.



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OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH

Have you ever wondered how some people are able to pick themselves up and continue with their life successfully despite the many life challenges they experience; be it health, financial, or relationship issues...

The answer is resilience.

RESILIENCE is what helps you cope when things go wrong. Sometimes it makes us even stronger than we were before!

RESILIENCE can be likened to a car's shock absorbers. Without shock absorbers a drive can be a very bumpy experience whereas the shock absorber vastly reduces this effect which in turn makes it a bearable journey. Resilience is the opposite of fragility.



J.K. Rowling...world-famous author of Harry Potter series, sold millions of books and her stories have been translated into 73 languages. But, did you know that she struggled with depression, had a troubled marriage and was an unemployed single mother? After working on her first book, her work was repeatedly rejected by 12 publishers. She persevered, and let nothing come in the way of her dreams. J.K. Rowling faced rejection and constantly strived for success. She worked hard even when nobody noticed. She strengthened herself against rejection and tried to remain positive by never giving up. This is resilience.

EMBRACE CHANGE... By accepting that which you cannot change, it allows you to focus on the things that you do have control over.

BE OPTIMISTIC! Even in the hardest of times, there are things that are positive as well as moments to look forward to. Remaining hopeful keeps you moving on in a positive direction. Therefore don't dwell on negative thinking. Thinking of the worst outcomes can stress and wear you down. Shift your thinking to something positive, something to look forward to, something that is calming. Go for a walk, exercise, meditate, pray, engage in something creative. Give your brain a break from repetitive negative thinking.

KNOW YOURSELF. Fully acknowledge your strengths and accomplishments. Become a continuous learner. Learn new things and apply these skills in time of change.

CREATE GOALS. Set reasonable goals that you can accomplish on a regular basis, perhaps things that you can easily do in the short term. These can be creative projects, projects around the home or work involved in giving back to your community.

TAKE ACTION: Dealing with problems and issues head on lets you know you are in charge and in control of even the most difficult situation, regardless of the outcome.



HAVE A SENSE OF HUMOR: Not everything has to be taken so seriously even when it's serious! Sometimes humour balances out the seriousness of the situation, and helps lighten up the mood. It might even help you forget for a little while what bothers you so much!

DEVELOP STRONG PERSONAL CONNECTIONS (within your social bubble): These social networks (friends, neighbours, colleagues, family) allow you to get the support you need to get you through life's challenges. Having dependable, caring people around you who will listen and perhaps, advise you, helps take the burden off your shoulders so that you do not feel alone.

TAKE CARE OF YOURSELF: When stressed, worried and anxious there may be a tendency to neglect yourself more easily. It is essential that you continue to care for yourself and your own well-being as best you can. Practice all that nurtures you on a regular basis. This may take the form of having a cup of tea and giving yourself a few minutes to be with yourself, going for a walk, going for a swim.

What makes a person resilient?

Are optimistic

Use humour

Take up physical exercise

Practice active coping... by not waiting for the situation to fix itself

Acknowledge negative thoughts, but then replace them with positive ones

Use simple self-care strategies

Have good social support networks

