



EMBRACE CHANGE

Accepting what you can't change allows you to focus on things that you have control of.

BE PRESENT

Practice unhooking your thoughts from the past, or the future while focusing your attention to the present moment.

BUILD A POSITIVE MINDSET

This helps you to challenge negative thoughts. Build this mindset by seeking humour and positive stories, showing appreciation and gratitude, looking for silver linings, and finding different solutions to the same problem.

DEVELOP YOUR SENSE OF PURPOSE

Reflecting on your purpose and goals helps you to assess setbacks from different perspectives.

BECOME A CONTINUOUS LEARNER

Seek to learn new things and skills. Meanwhile, don't forget to practice and sharpen the skills you already have.

SEEK HELP AND SUPPORT

Your social support network can give you the practical or emotional support to overcome stressors.

Don't be afraid to reach out!

JOIN OUR FREE 7-WEEK RESILIENCE PROGRAMME THAT EXPLORES EACH SKILL OF RESILIENT PEOPLE.

FOR MORE INFORMATION CONTACT US:

Email us: healthpromotion.hpdp@gov.mt | Call us: 2326 6000

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IF YOU NEED SUPPORT
CALL THE MENTAL HEALTH
HELPLINE ON **1579**



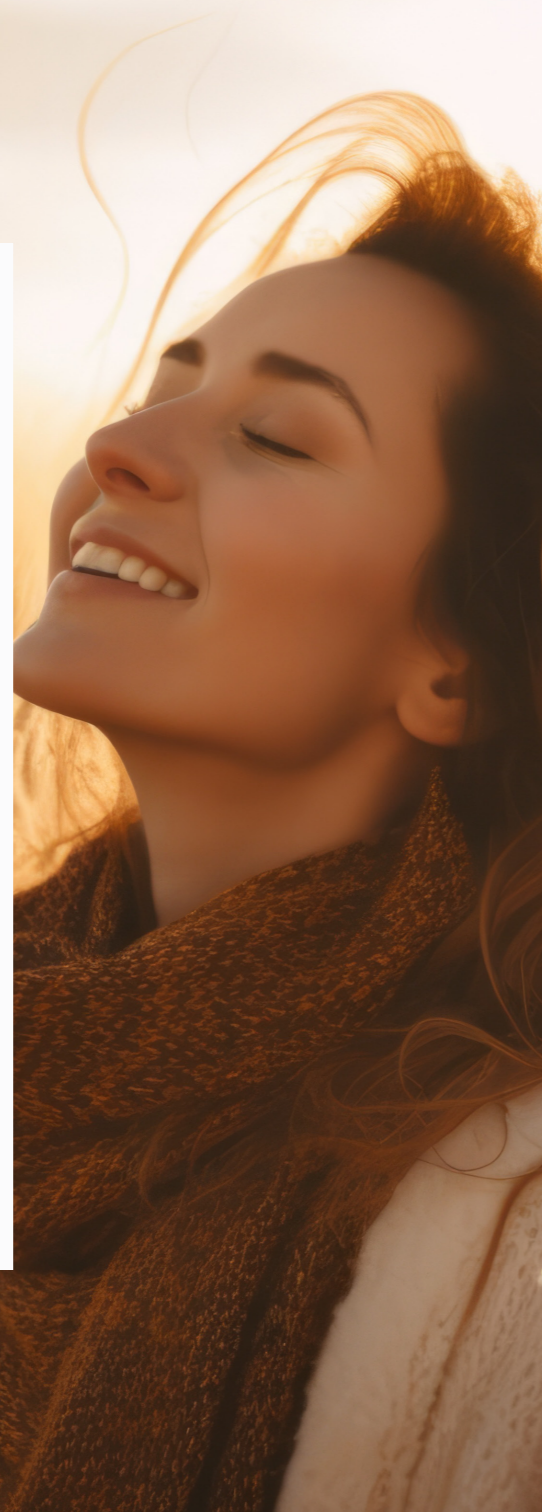
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Build Your
RESILIENCE



Life is full of challenges which bring a range of stressors that can impact negatively on our wellbeing.

These can be unexpected major life events, or minor strains of daily life that over time, might add up.

FAMILY OR RELATIONSHIPS	WORKPLACE OR SCHOOL
FINANCIAL CONSTRAINTS	ENVIRONMENT
UNCERTAINTY OR SUDDEN CHANGE	HEALTH

...but have you ever wondered how some people manage to cope with these negative experiences and continue with their life?

The answer is [Resilience](#).

RESILIENCE helps us to adapt in the face of our stressors. As much as resilience involves “bouncing back” from these difficult experiences, it also protects our mental health.

The good news is RESILIENCE IS A SET OF SKILLS THAT CAN BE LEARNED:



SELF-AWARENESS

The ability to look at yourself objectively through reflection and introspection.



EMOTION REGULATION

The ability to acknowledge, accept, and reduce the intensity of an emotional experience. This will help you manage your feelings in a healthy way.



CHALLENGING NEGATIVE THOUGHTS

The ability to notice when your thoughts are unhelpful or making you feel bad, and knowing how to challenge them.



SELF-DISCIPLINE

The ability to take charge of your own development by taking action, goal-setting, planning, and investing time into building positive healthy habits.



SKILLS TO BUILD MEANINGFUL CONNECTIONS

The skills that help you to build a strong social network (including family, friends, and colleagues) that you can depend on when times get tough.

Tips on how to BUILD YOUR RESILIENCE:



SELF-AWARENESS

Build a curious mindset. Reflect on what stresses you, your usual reactions, and what relaxes you. Reflect also on your strengths, weaknesses, values and goals.



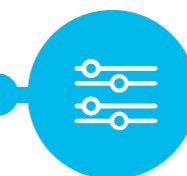
EMOTION REGULATION

Try different relaxation techniques and find what works best for you. Examples include deep breathing, listening to music, talking to a friend, going for a walk or a jog, progressive muscle relaxation, mindfulness and meditation.



CHALLENGING NEGATIVE THOUGHTS

Reflect on any negative thoughts and challenge them with questions like ‘is this thought about something within my control?’, ‘what evidence do I have for this thought?’, and ‘if my friend came up to me with this thought, what would I tell them?’. It helps to write things down.



SELF-DISCIPLINE

Invest in a healthy lifestyle through adequate physical activity, nutrition, and sleep to make sure you have the energy and clarity you need to face life challenges.



SKILLS TO BUILD MEANINGFUL CONNECTIONS

Engage actively and enthusiastically in conversation. Show kindness, appreciation and empathy. Be attentive to the needs of those around you and provide meaningful support when needed.