10 TIPS FOR Staying Resilient.
This tip sheet is part of a series developed by MindSpot to help people stay resilient. It contains practical skills and activities to help manage symptoms of stress, anxiety, and depression.

1. Practice keeping a resilient mindset

A resilient mindset is one that can help us to cope with challenges, by acknowledging when things are difficult but remaining calm and purposeful. It doesn’t mean that you won’t have tough days or feel overwhelmed at times, but it can help you to manage and bounce back quickly. Developing this takes time and practice. You can start by reflecting on difficult situations you’ve already overcome – what strengths helped you to cope, what did you learn from those experiences, who did you turn to for support?

2. Practice switching on and off

Having a wind down ritual in the evenings can help you switch off and de-stress. This may include listening to music, changing into comfy clothes, watching your favourite TV show, walking the dog, stretching, meditating, or reading.

Similarly, there are also rituals we can do to switch on and prepare to tackle the day ahead. This may include having a shower, creating a to-do list, getting active, stretching or getting a coffee to-go.

3. Self-respect

Remember you are human. No-one is perfect, and you can only do your best. This means that you may have to adjust your expectations sometimes, and give yourself permission to feel sad, angry, stressed and imperfect.

When you feel overwhelmed, treat yourself with respect and kindness. If you’re not used to doing this, consider treating yourself how you would treat a loved one. Remind yourself that it’s okay not to be okay.
4. Keep your thoughts realistic

Our thoughts impact our emotional health. They affect how we see ourselves, the people around us, our world, and our future. Unfortunately, sometimes our thoughts can become overly negative, judgmental, or critical. Negative thoughts like “I can’t cope” can turn up automatically or when you’re tired or overwhelmed.

One way to keep thoughts realistic is to monitor your thinking. When you notice your thoughts have become more critical, challenge them by asking yourself “What would I say to a friend who had similar thoughts?,” “Is this thought helping me reach my goals?,” or “What evidence do I have for this?” Then, try balancing that negative thought with a more realistic one. For example: “I can’t do anything right” becomes “That didn’t work out as planned, but sometimes things like that happen.”

5. Keep short and long-term goals

Goals can help us stay resilient because they provide a sense of direction and motivation. They help us build confidence, and give us something to look forward to. Your goal might be simple, such as making your bed each day, or more complex, like a new career, but regardless, a goal gives you something to work towards.

When you’re developing new goals, try to make them practical and break them down into steps with both short and long-term timeframes. Put your list of goals somewhere you will see it everyday, check in on how you’re going each week, and remember to celebrate the wins!

6. Do the things you love to do

We all have things in our lives that we enjoy doing, or we find meaningful. It might be reading, listening to music, crafting, or even exercising! They might be activities or hobbies we do ourselves, or with others. They can help manage your mood and give your mind a break. The main thing is that we enjoy doing them, and look forward to them.

If you’re feeling overwhelmed, we know making time for your hobbies is difficult. Try scheduling a regular time each day (or week) for your hobby. It can also help to share the experience with others—invite your friends to take part or teach them a new skill.
Stay Connected

Time spent sharing experiences and connecting with the people we love and care about can be rewarding. It can improve our mood and remind us that we belong. We know maintaining relationships takes effort and time. It’s something often sacrificed when under pressure. It can then feel hard to re-connect with people, particularly if you feel guilty about losing contact.

But talking about our experiences with people we trust, whilst feeling connected and supported, helps us feel more able to tackle whatever problems we’re facing. Finding a moment for a message, phone call, email or video-chat, even just once a week, can help you to stay resilient.

One step at a time

When feeling overwhelmed or stressed, it’s natural to want to put off and avoid dealing with things. Putting things off for too long can start a cycle where this growing list of things we’ve put off makes us feel under more and more pressure.

A way to break this cycle is to list all of the tasks into as many small steps as possible. Then, starting with the easiest one, focus on one small task at a time. This way with just one step at a time, it feels more manageable and less overwhelming.

Keep your healthy routines

When stressed or tired, you might notice your physical health routines slip. They might feel too hard, or too much effort. However, sustaining these routines also positively impacts your mental and emotional health, not just your physical health. This is because our physical, mental, and emotional health are strongly linked.

Try to keep up your healthy routines with small, manageable goals. This may include sticking to regular waking and sleep times, getting active, or scheduling regular breaks.
Recognise the need for rest

Everyone has times where they feel they have too much to do. During these times you might believe there’s no time for a rest, you haven’t earned a break, or that the only way to get everything done is to struggle through.

But a good rest can boost your concentration, increase your motivation and help you focus. We function better, and are more resilient, when we feel refreshed. Try scheduling in regular breaks, even if it’s just for five minutes. And remember, the longer you work when fatigued, the less focused you’ll be.