

# YOUR CARE POLMED

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## 4 building blocks for mental resilience

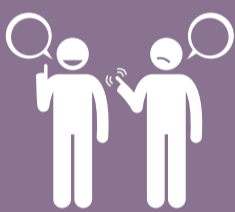


You may have noticed, particularly during the pandemic, that there are those who are better at coping with crises than others. While many turn to unhealthy coping mechanisms, such as drugs and alcohol, these individuals don't.



What sets them apart? Simple – they have mental resilience. You can have it too.

While it won't make your problems go away, boosting mental resilience can help you to:



Handle situations better



Reduce your stress levels



Improve your sleep



Boost your confidence

### HOW CAN I BUILD RESILIENCE?

#### 1. Find a sense of purpose

A sense of purpose provides you with the necessary **motivation to keep going**, despite what life may throw at you, because you want to achieve your goals.



#### 2. Stay active

Not only is regular exercise good for your health, but it will **help to alleviate stress**, which will assist in building resilience.



#### 3. Take "me time"

When we feel stressed, we often neglect our personal needs. Practise **self-care by taking time to relax and recharge**. You can do this by getting more sleep, maintaining a healthy diet or meditating. By keeping mind and body healthy, you will deal with stressful situations better.



#### 4. Build healthy relationships

Not only can friends and family provide you with **the support you need** so that you don't become overwhelmed by stress, but they can also offer you solutions to some of your problems.

Your problems won't go away just because you've built mental resilience, but you'll be able to manage them better, and in this way protect your health.



#### References

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