

Building Resilience: Converting Adversity into Opportunities

Key Takeaways

1

Resilience is about adapting well to adversity



Setbacks



Learn



Thrive

2

Practical tips to build resilience:

Develop mental agility

- Identifying negative thoughts by being aware of unhelpful thinking styles
- Reframing negative thoughts as opportunities



Cultivate compassion

Develop compassion not just for others, but ourselves as well



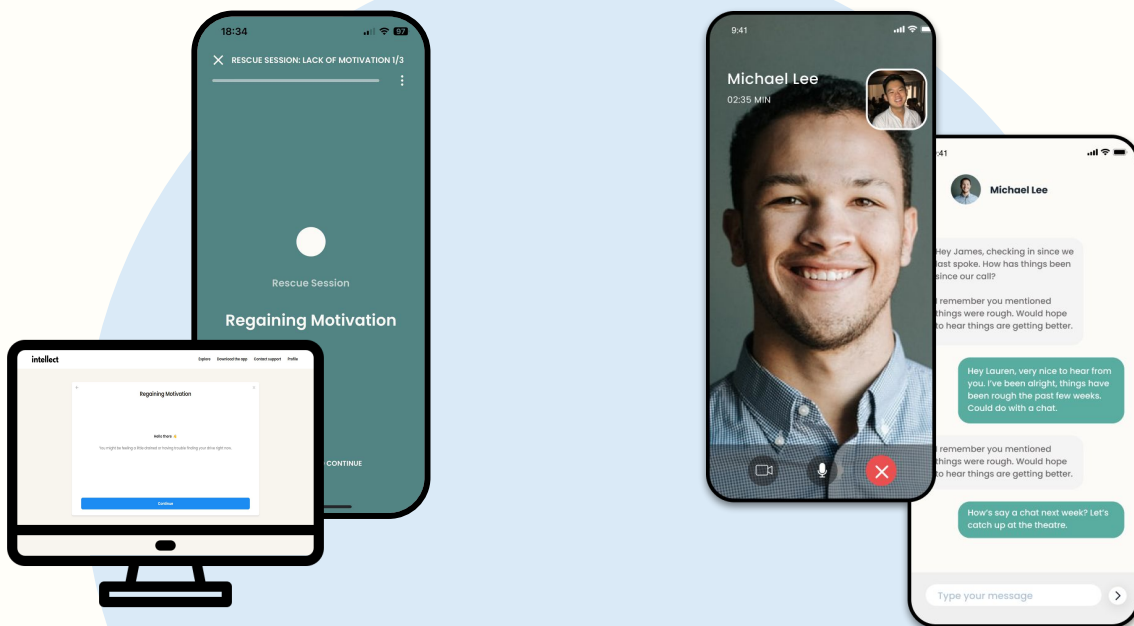
Build mindfulness practice

Breathing exercises, meditation or journaling



From Insight to Action: Put Your Skills to Work Today!

Get supported in your resilience-building journey through immersive self-guided learning modules complemented by personalised 1:1 coaching support



Regaining Motivation Rescue Session

Rescue session designed to help you pick yourself back up when feeling a little drained or having trouble finding your drive

1:1 Coaching

Discuss with your coach on more personalised strategies for building resilience in all aspects of your life

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

