



Top tips to build resilience.

Get in shape to last the pace.

1. Spend more time with family and friends
2. Accept and ask for support when you need it
3. Develop a more positive thinking style
4. Manage your time better
5. Take time to relax
6. Know your limitations
7. Sleep better
8. Exercise more
9. Get your fuel right – eat a healthy, balanced diet
10. Avoid using stimulants to cope with pressure