

6 Rs of resilience

The 6 Rs of resilience can prepare you so you are better able to bounce back when faced with a difficult situation.



Responsibility

Take responsibility for your own mental health, wellbeing and resilience.

We can do this by:



Reflection

Reflecting on how you are, what is happening and how you are feeling about things.



Relaxation

Relaxing in a way that suits you, such as gardening, reading a book and mindfulness practice.



Relationships

Building supportive relationships with friends and family by phone or online. Know who to turn to or talk to when times are difficult.



Refuelling

Eating a healthy diet, being conscious of alcohol intake.



Recreation

Taking regular exercise, and having fun.