

## Resilience and Fortitude

Sending well wishes to all those currently off site (look after you!) and thank you to everyone for pulling together as always. Team of everyday heroes! 🙌

Today's well-being email, I am sharing this month's calendar from Action for Happiness. The focus is 'Jump Back Up July' as we can't control what happens in life, but we can still choose our response and find ways to respond constructively in difficult times.

I hope you will take some time to have a read through each day's statement to remind you and I will end with one of my favourite quotes by AA Milne from Winnie the Pooh:

" You are braver than you believe, stronger than you seem, and smarter than you think".

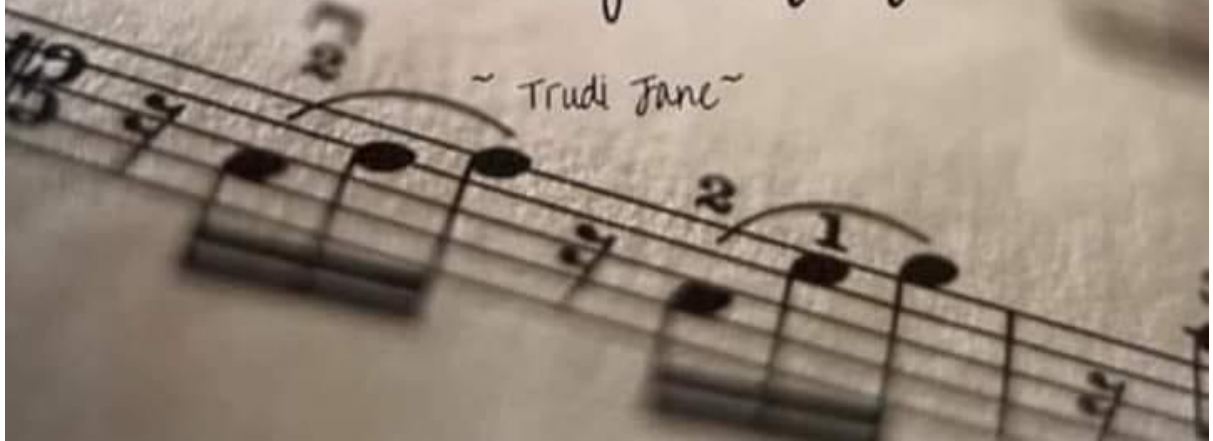
Link for calendar pdf here:

<https://actionforhappiness.org/calendar>

Some people will always be deaf  
to the beauty of your song

Don't stop singing

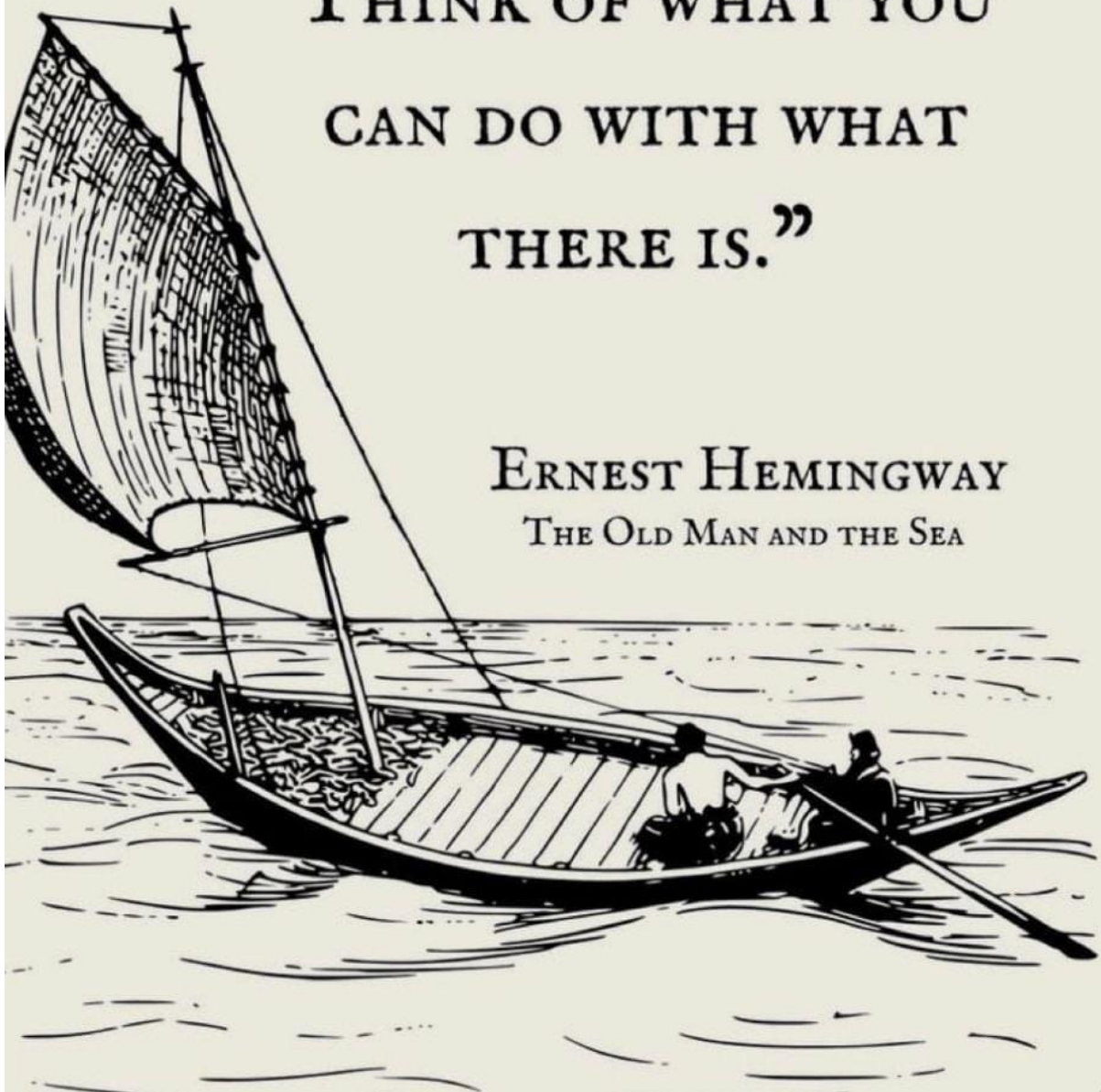
~ Trudi Jane ~



“NOW IS NO TIME TO  
THINK OF WHAT YOU  
DO NOT HAVE.

THINK OF WHAT YOU  
CAN DO WITH WHAT  
THERE IS.”

ERNEST HEMINGWAY  
THE OLD MAN AND THE SEA



#JumpBackUpJuly #wellbeingweds #bounceback #resilience #choicenotchance

#mindsetmatters #optimism #mentalhealth

1

Take a small step to help overcome a problem or worry

2

Adopt a growth mindset. Change "I can't" into "I can't...yet"

3

Be willing to ask for help when you need it

4

Find something to look forward to today

5

Get the basics right: eat well, exercise and go to bed on time

6

Pause, breathe and feel your feet firmly on the ground

7

Shift your mood by doing something you really enjoy

8

Avoid saying "must" or "should" to yourself today

9

Put a problem in perspective by seeing the bigger picture

10

Reach out to someone you trust and share your feelings with them

11

Look for something positive in a difficult situation

12

Write your worries down and save them for a specific 'worry time'

13

Challenge negative thoughts. Find an alternative interpretation

14

Get outside and move to help clear your head

15

Set yourself an achievable goal and take the first step

16

Find fun ways to distract yourself from unhelpful thoughts

17

Use one of your strengths to overcome a challenge today

18

Let go of the small stuff and focus on the things that matter

19

If you can't change it, change the way you think about it

20

When things go wrong, pause and be kind to yourself

21

Identify what helped you get through a tough time in your life

22

Find 3 things you feel hopeful about and write them down

23

Remember that all feelings and situations pass in time

24

Choose to see something good about what has gone wrong

25

Notice when you are feeling judgmental and be kind instead

26

Catch yourself over-reacting and take a deep breath

27

Write down 3 things you're grateful for (even if today was hard)

28

Think about what you can learn from a recent problem

29

Be a realistic optimist. Focus on what could go right

30

Reach out to a friend, family member or colleague for support

31

Remember we all struggle at times - it's part of being human