

TIPS TO MANAGE STRESS AND GET THE MOST OUT OF OUR BRAINS!

5 pillars of resilience

A good night's sleep, 20 mins daily exercise, less sugar more protein, equal balance of fun and work, journal on gratitude

1



2



Switch from thinking to sensing

Look around and count stuff, be curious about objects, spot things that are the same colour, etc

Notice points of contact

As you sit in a chair or sofa, be aware of pressure points in your shoulders, lower back, bottom and feet. This rests the brain.

3



4



Zoom out to get perspective

When there's "bad news" that's upsetting, take a step back and see positive elements that can complete the picture.

5



Distinguish process from product

Results shape up over time, reflect back to see how each of your skills develop and grow. Marks now are only part of the bigger picture of who you are and will become.